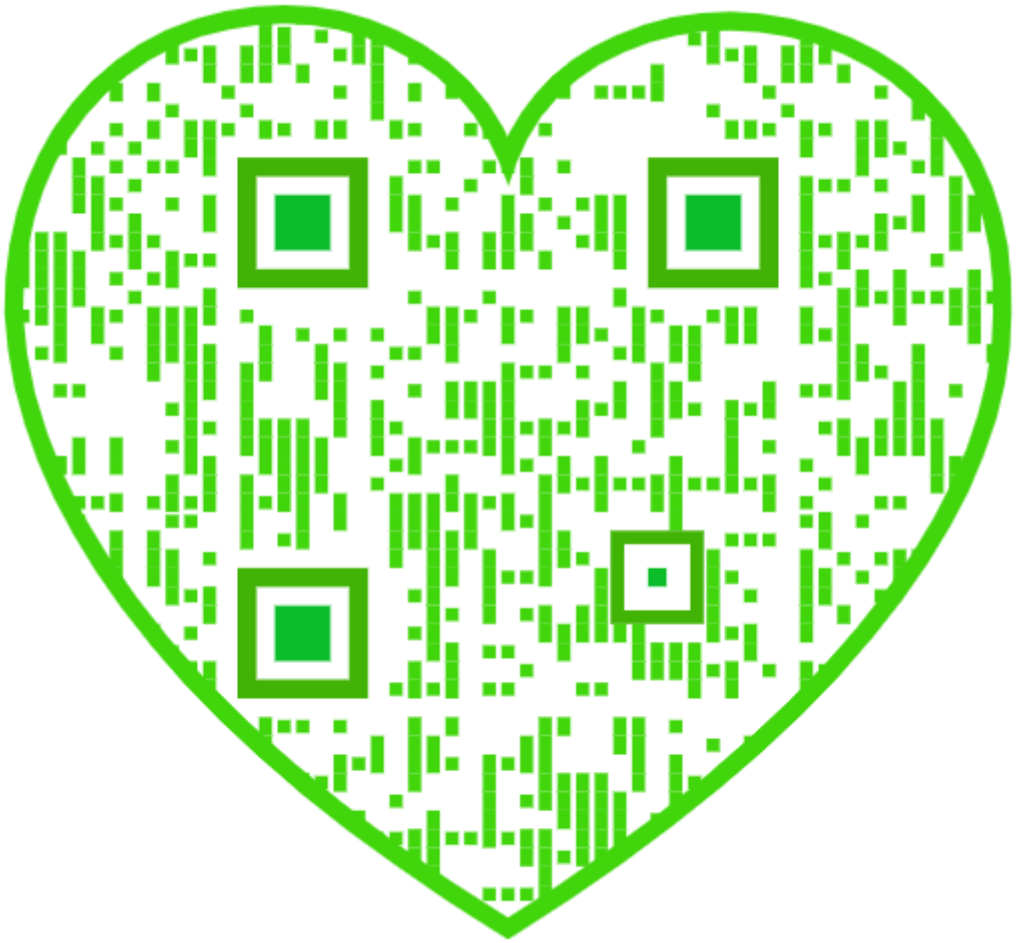

Faithfully yours -

Elizabeth O. Miller

THE PRACTICAL COOK BOOK

Compiled and arranged by

ELIZABETH O. HILLER

Formerly Principal of the
Chicago Domestic Science Training School
and Lecturer on Household Science

Price, One Dollar

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BY
ELIZABETH O. HILLER

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To the

THOUSANDS OF DEVOTED HOUSEKEEPERS,
PROSPECTIVE HOUSEKEEPERS
AND DEAR SWEET SCHOOL GIRLS
TO WHOM I HAVE GIVEN INSTRUCTIONS
THE PAST YEAR,
THIS LITTLE VOLUME OF PRACTICAL RECIPES
IS MOST AFFECTIONATELY DEDICATED
BY THE AUTHOR.

PREFACE.

This little volume of simple, every-day dishes, as well as a few others which are often called for on more formal occasions, has been compiled and arranged in compliance with the requests made by thousands of housekeepers whom I have instructed in this important branch of household science—COOKERY—during the past year and a half, covering a territory extending from the Atlantic to the Pacific coasts.

I have received many of these requests over my demonstration table, many others through the mail and the verbal queries have long since ceased to be numbered. The desire to have in "book form" for safe keeping the valuable recipes used in my lectures, has been so great that with the able assistance of the Doherty Operating Company, of New York City, I have been able to complete the Practical Cook Book, which I trust will meet "a long felt need" of these dear women whom I well know will appreciate its value and make it serve the purpose until my larger and more comprehensive cook book shall have been completed. The latter will be known as **Elizabeth O. Hiller's Cook Book.** Until this book is finished I sincerely hope that this lesser book will meet your daily needs, and give you one and all the help your particular case demands.

I strongly advise that the chapter on "measuring and combining ingredients," and the "various methods of cooking," be carefully studied and religiously followed and your success will be assured. Each recipe has been demonstrated repeatedly before tens of thousands of experienced housekeepers, the inexperienced as well as school girls who were just beginning their lessons in cookery in the public schools.

I do not wish any person into whose hands this book may fall to understand that this book is anything but an answer to

these requests as explained in the foregoing. I sincerely hope that this condensed course of scientific instructions on cookery may prove an inspiration that will lead those housekeepers who are now good cooks to cook more and those who have never cooked may learn that "Cookery is become an Art, a noble Science."

E. O. H.

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THE GAS RANGE.

THE MANAGEMENT OF OVEN.

Temperatures for Broiling, Roasting, Baking, etc.

The gas range is without doubt the best adapted to meet the requirements of housekeepers in general to-day, especially when gas is available.

This valuable and very important appliance of the modern kitchen has proven to be the most wonderful conservator of time, energy and money, of all inventions of the age.

To properly manage the gas range, it should be thoroughly understood in all its parts and like any other invention for practical use, will then prove its worth.

The gas range includes the following parts:

Three single top burners.

One of which has a simmer burner in the center.

One double top burner.

Two oven burners which heat both baking and broiling ovens.

The oven for baking and roasting is provided with two movable grates.

The broiling oven is provided with both a movable grate and a drip pan.

All burners are operated by gas cocks.

A "pilot light" lights the oven burners.

A movable galvanized iron sheet is found under the top burners. This tray catches the drip from foods that "boil over," burnt matches, etc. Occasionally a small "simmer" burner will be found in the warming oven of some gas ranges. This is a great convenience when food is to be kept warm and when the warming oven is not placed over the top burners. The burners for heating both baking and broiling ovens are in the lower or broiling oven. In this oven, chops, steaks, fish, small birds, toast, parching rice, browning nuts, in fact, all quick

cooking and browning is done by direct heat from the burners above the broiler. Baking and roasting are done in the oven above the broiler. This oven is heated by indirect heat; currents of hot air passing around all sides and top of oven.

Bread, loaves of cake, roasts of meat, etc., should be cooked on the lower grate, placed in the groove about three or four inches from the floor of the oven. Rolls, tea biscuits, layer cakes, cookies, etc., should be baked on the top grate, placed from six to seven inches from the floor of the oven. These mixtures, which are cooked in a short period of time, require a higher temperature or what is commonly called a "quick oven." Since the top of the oven is the hotter part, cooking and browning these articles is best accomplished when they are placed on the top grate. Never bake or roast anything placed on the floor of the gas oven. There should always be a space of several inches between the floor and the vessel in which food is being cooked. The grates can be adjusted as the case requires and better results will be obtained. To successfully manage a gas range it is absolutely necessary to become thoroughly acquainted with all these parts. Be sure you know which pipe and gas cock supplies each burner with fuel. Learn the direction in which to turn the gas cocks; to the left to turn on the gas, and to the right to cut it off. Light the match before turning on the gas; briefly, burn matches rather than waste gas.

Be sure that both oven doors are open before lighting the "pilot light" which lights the oven burners. See that the "pilot light" is turned off after oven burners are lighted.

When the gas range is not in use, see that the gas cock in the main pipe is turned off, also those of the top, and oven burners.

Keep the gas range perfectly clean in all its parts. The burners should be scalded in a solution of sal-soda occasionally to cut the grease and charred food that often "cook over" on them; the tray under the top burners is easily kept cleaned if washed daily.

The floors of the oven should be scraped free from all

charred food and washed with a soap solution once a week or when necessary.

Make it a rule to turn the gas cock to the right to cut off the flow of gas, before removing food from range, or as soon as cooking is finished, in this way the waste of gas is lessened.

Air is supplied through wickets in an enlarged part of the pipe close to the stop cocks. This mingling of air and gas causes the gas to burn with a blue flame which is exceedingly hot. Occasionally when lighting a burner the gas will burn back in the enlarged portion of pipe (the air chamber) making a loud, disagreeable noise. When this occurs, turn the gas cock of the lighted burner to the right, thus shutting off the gas. Wait a moment or two and gas will have passed out of the air chamber; then turn the gas cock to the left and again apply the lighted match.

To light a top single burner on the gas range, first light a match, turn the gas cock to the left; apply the lighted match. When lighting a double burner, proceed as above, lighting the outer burner first, turn the gas cock to the left, supplying the inner burner, and the gas will light from the outer burner.

To light the oven burners, first open both oven doors; light a match, turn to the left the cock supplying the "pilot light" with gas, and apply the match through an opening made for that purpose on the outside of the oven between the two gas cocks that supply the oven burners with fuel. Turn the cock of one of the oven burners to the left and the gas will light from the pilot light; turn the cock of remaining oven burner to the left and the gas will light as the other, from the pilot light.

When the gas burners of the oven show that the gas flows throughout the burners, turn off the pilot light and close the oven doors.

To use the strictest economy in operating the gas range, observe the following instructions:

As soon as the water in the tea-kettle or other vessels boils turn the gas off entirely or as low as possible. When the water is boiling gently it is just as hot as when boiling hard

and is capable of doing the same work. Use the simmer burner as much as possible, especially when cooking at a low temperature is required.

When the oven has been heated to the desired temperature, turn the gas cocks of both oven burners to the right sufficiently to keep the temperature to the degree desired. It is sometimes necessary to turn one burner off entirely.

It is a good plan to learn to turn off the flow of gas before removing the food from the oven. There is then no danger of forgetting it. The oven burners being the largest burners, there is naturally a greater consumption of gas; if, however, the foregoing suggestions are rigidly followed, a great saving of fuel as well as very satisfactory results will follow.

When the oven is to be used, plan to cook several articles at the same time. For instance, when roasting or braising meat, plan to have baked potatoes and a baked pudding; bake apples, or prepare the sauce by baking it in a pudding dish closely covered in the oven, thus utilizing the fuel to the best advantage. The oven makes an admirable warming oven; the dishes may be kept warm for some time after the gas is turned off. A small portable oven that may be placed over a single burner will prove both convenient and economical, especially when the weather is hot.

TEMPERATURE OF OVEN.

The gas range is used to-day—where gas is available—to the exclusion of all other cooking devices. For broiling, toasting and browning crumb covered dishes, etc., light the oven burners, close both (baking and broiling oven) doors, from six to seven minutes before placing the food to be cooked in it.

FOR BROILING.

Grease the rack over drip pan thoroughly; place the article to be broiled on the rack, and raise the drip pan holding the rack close to the burners, at such a distance that the flame will not touch the chops, steaks, etc. Turn often to sear the

surface well and to brown richly. When this is accomplished, remove the broiler six inches from the flame (according to the thickness of article being cooked), reduce the flame, turn occasionally and finish cooking.

To roast meat, birds, etc., successfully in the broiling oven when baking in the upper or bake oven, it must be carefully watched, turned and basted often to prevent burning. In this case the pan holding the roast is placed on the broiler such a distance from the flame as to avoid all danger of scorching the meat. The exact distance depends largely on the thickness of the article being roasted.

FOR BAKING BREAD AND LOAF CAKE.

Light the oven burners, close the doors seven to ten minutes before putting in the food. The oven should be sufficiently hot to brown a teaspoon of flour a golden brown in five minutes. This is called a "bread oven." The oven's heat is better controlled, if when baking the door of the lower or broiling oven, if not in use, is left open.

THE OVEN'S TEMPERATURE FOR BAKING BREAD, ETC.

Divide the dough into one pound loaves; place two of these in one pan as directed in chapter on Bread, Rolls, etc. When light place the loaves in the oven, and take the time, by the clock, allowing forty-five minutes for this size loaf. The temperature of the oven should be from 360 degrees to 400 degrees F. Divide the time of baking into three periods of fifteen minutes each. During the first period the bread should rise its full height **without browning;** in the second period the bread should begin browning, and in the last period it should finish browning and "loosen" in the pans.

The bread or loaf cake should not brown during the first fifteen minutes. Should it show signs of browning the flame must be reduced at once.

The initial heat must be strong enough to cook the walls of

the pores in both bread and cake, but not to brown the surface.

The gas cocks of the oven may be turned to the right half way, when the bread has risen its full height in the oven, which may be five or six minutes after placing it there.

The last fifteen minutes of baking the bread it may be necessary to turn one of the gas cocks off entirely. The bread should be light, evenly and richly browned when removed from the oven.

BAKING TEA BISCUITS, LAYER CAKES, COOKIES, ETC.

The oven should be sufficiently hot to brown a teaspoon of flour a golden brown in one minute. This is a very hot oven and the gas cocks may be turned half off when placing the food in the oven. Such articles as these bake in a short time, from twelve to twenty minutes.

The tea biscuit, shortcake, etc., should rise their full height the first five minutes, begin to brown the second five minutes, finish browning the last five minutes and "loosen" from the pan. This is called a "quick oven."

A VERY MODERATE OVEN.

To get the temperature of this oven, light the burner three or four minutes before placing the teaspoon of flour in the oven; it should brown a golden brown in about seven minutes. Such an oven is used for making Angel and Sunshine cakes, also molasses mixtures.

TESTING THE OVEN.

(A Hot Oven.)

Toss a teaspoon of flour on a pie pan. Light the oven burners ten minutes before placing it in the oven. Place the pan on the top grate. The temperature of the oven should be sufficiently high to brown the flour in one minute. This is called "a biscuit or quick oven."

A MEDIUM OVEN.

Repeat this process; lighting the oven seven to ten minutes before placing the flour in the oven. For this temperature the flour should brown the desired color in five minutes. This is called "a bread oven."

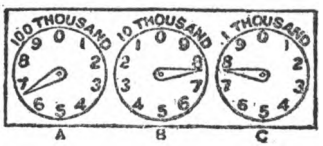
A MODERATE OVEN.

Follow same process as in the foregoing, lighting oven burners either when the flour is placed in the oven or three minutes before. The flour should brown a golden brown in seven to ten minutes. Sponge cakes, egg mixtures of all kinds, as well as molasses mixtures are best baked in this oven. This is called a "slow oven."

The foregoing tests are simple ones, requiring only a little time and patience on the part of the housewife, who will be abundantly repaid for the time taken to familiarize herself with the most important step in learning how to cook with gas. The only fuel used to-day in all of our large institutions where Domestic Science is taught.

If you would learn to use the gas range efficiently and economically it is essential that you should learn to read the gas meter.

TO READ THE GAS METER.



Read from left hand dial to right, always taking the figures which the index hands have passed, namely: By above, dials register 677, adding two ciphers for hundreds, making 67700 feet registered. Subtract your last month's register from this, and you have the amount of gas consumed.

CHAPTER I.

METHODS OF COOKING.

There are ten methods followed in cooking food, i. e.; Boiling, Stewing, Steaming, Fricasseeing, Braising, Roasting, Broiling or Grilling, Baking, Sauteing, and Frying.

BOILING.

Boiling is cooking food in boiling water. Water boils at 212 degrees F. (sea level); water simmers at 195 degrees F. Water boiling slowly has the same temperature as while boiling rapidly, and is capable of doing the same amount of work, an important fact often overlooked by the cook, who is very apt to waste fuel by keeping the valves of the gas range wide open that the water may boil more rapidly.

STEWING.

Stewing is cooking food in sufficient hot water (195 degrees F.) to cover, at this temperature for a long time. This is the most economical method of cooking the cheaper and tougher pieces of meats, fowl, etc. The nutriment is practically all retained, while the fibre and connective tissues are softened and made both palatable and readily digested.

STEAMING.

Steaming is cooking food over boiling water in a steamer, or in moulds placed on a trivet in a kettle and surrounded by boiling water. Cooking in a double boiler is called steaming.

FRICASSEEING.

Fricasseeing is first browning the less tender meat richly, in a small amount of fat; then simmering until tender in a sauce.

The tender meats are fricasseed (without previous cooking) in a rich sauce. Veal is immature meat and requires longer cooking and is usually browned delicately all over before simmering in the sauce.

BRAISING.

Braising is considered a more elaborate process of stewing. Vessels are made especially for this method of cooking with sunken lids to hold hot coals, etc. These are expensive; however, a Dutch oven will serve the purpose admirably at a much less cost. The piece of meat or bird should be but a trifle smaller than the vessel—about one and one-half inch space all around is ample. Dripping or salt pork fat tried out is melted in the bottom and a bed mixed of vegetables, carrots, onion, celery, turnip, etc., cut in small dice; also a small bay leaf, a sprig each of parsley, thyme, and marjoram, one-half teaspoon pepper corns and salt to taste. Place article to be cooked on this bed of vegetables, skewered into shape and larded if necessary; add one cup brown stock and cover securely; cook until meat is tender; then remove the cover and brown the meat richly, the last twenty minutes of cooking. The time required for cooking by this method depends largely on the size, kind and quality of the meat.

ROASTING.

Roasting and Broiling are closely related to each other. They are perhaps the most primitive methods of cooking. Almost all other ways of cooking are derivities of these two methods. They too are the most highly esteemed, because of the delightful flavors developed in meats, fish, or birds. In roasting the article cooked is exposed to very high temperature either by direct rays of an open fire or by the reflected heat from the walls of a hot oven. Since the latter method is that most largely followed in this country, the two words roasting and baking are therefore used as synonymous. Since the meats, birds, etc., cooked by this method are for the most part served rare or a little under done, it is confined chiefly to the tenderest muscles of meat and young birds, time being an important

factor when the tougher muscles and connective tissues are to be made both tender and soluble.

BROILING OR GRILLING.

Broiling or Grilling as in roasting, is exposing the article to be cooked to the direct rays of the gas flame. In this case we are dealing with much thinner pieces of meat or smaller birds, etc. These articles are prepared so as to expose as much surface as possible to the heat; the object is to first sear the surface over quickly to retain the rich juices, then constantly turning until the article is richly browned; and in the case of steaks and chops the fat should be delicately crusted, great care being taken that the flesh is not touched by the flame or scorched. After the browning is accomplished the broiler may be removed a greater distance from the flame and the gas flame reduced also. Then turn the article occasionally until finished. A hinged broiler well greased may be used and saves handling the article. This is laid on the gas broiler; the latter well greased also; draw out the drip-pan and turn the broiler holding the meat that all drippings may fall in the drip-pan. Broiling under the gas flame will prove entirely satisfactory, and does not make a "muss" as charcoal. The latter method is no longer practiced in the private house because of the labor it involves. Panbroiling is cooking the article in a well greased hissing hot cast iron skillet, turning often and drawing off the fat as it "tries out."

BAKING.

Baking is cooking in the oven of the gas range by confined heat.

SAUTEING.

Sauteing is but a trifle different from panbroiling. The fat is allowed to remain in the skillet. Briefly, the article is cooked in a small amount of hot fat, browning the food first on one side, then turning and browning on the other. For many reasons this method of cooking is not commended; the food too often becomes "grease soaked" and is therefore not as wholesome, as food cooked by other methods.

FRYING.

Frying is cooking by means of immersion in deep hot fat, the temperature of which is from 350 to 400 degrees F. For this method of cooking, lard, olive oil, beef drippings, etc., may be used. The fat should be tested before the food is put into it, that the temperature may be just right, otherwise the food may absorb some of the fat. Many articles cooked in this manner are first rolled in crumbs, egg and crumbs, or flour, egg and crumbs, before frying. The high temperature of the fat hardens the albumen, thus forming a thin crust which prevents the food from becoming "fat soaked." When frying meat or fish it is well to keep it in a warm room for some time before cooking, then wipe it as dry as possible. If it is brought from a cold place it lowers the temperature of the fat many times to the degree that the delicate coating is not formed quickly enough to prevent the food from soaking the fat. When the fat "boils" it is due to the excess of water found in the food being cooked. Be careful when following this method of cooking that too much food is not put into the kettle of fat at one time, for this not only lowers the temperature of the fat, but might cause it to boil over the sides of the kettle and cause a severe accident. You must remember it is not the fat that boils; it is the water which has escaped from the food. All food cooked by the frying method should be carefully removed from the fat and drained on brown paper. Crumbed food is placed in the croquette basket before placing it in the hot fat. This prevents the food from moving about, which sometimes causes the crust to loosen from the food, thus allowing it to absorb the fat.

TESTING FOR HOT FAT.

When testing the fat use one-inch cubes of stale bread. For uncooked mixtures such as doughnuts, fritters, etc., the cubes of bread should brown a golden brown in **one minute.** For cooked mixtures, such as cutlets, croquettes, etc., the cube of bread should brown a golden brown in forty to fifty seconds.

CARE OF FAT.

After the frying is completed and the fat is cooled and settled, an old sieve should be placed in the lard pail; over this lay a double fold of cheese cloth, and strain the fat through it. The pail should be marked "Dripping for Frying." This fat is ready for use when again needed; the pail may be placed on the range for a moment, when the fat may be easily turned into the frying kettle. Place the kettle over the simmer burner and heat the dripping slowly; drop into it two or three slices of raw potato. Owing to the porosity of the potato it readily absorbs all impurities of the fat and it is thus clarified. When this fat has been used repeatedly it becomes brown, due to the carbonized particles of crumbs, flour, etc., left in it from time to time. It also undergoes chemical changes. This change will also come about when the fat has become overheated. It will not brown the articles to be fried properly. It may be strained and set aside for making soap. If proper attention is given this fat it may be used many times.

WAYS OF PREPARING FOOD BEFORE COOKING.

EGGING AND CRUMBING FOOD.

For this purpose dry bread crumbs, which have been grated and sifted, or crackers rolled and sifted, or soft stale bread broken in pieces and gently rubbed through the croquette basket may be used. Eggs used for crumbing should be broken into a shallow plate or platter and slightly beaten with a fork to mix the white and yolk thoroughly. The eggs should be diluted in this proportion: two tablespoons of cold milk or water to each egg. Crumbs should be tossed on a board; food to be fried should be first crumbed lightly all over, then dipped in egg and the mixture allowed to entirely cover the article, then carefully removed and rolled in crumbs again. When the crumbing is completed, remove food to a place on the board where there are no crumbs, carefully shaking off the outer ones which some-

times makes the coating too heavy. A spatula is the most convenient utensil for removing the food from the egg mixture. The object of first crumbing food is to dry the surface that the egg may cling to it. Many times flour is used for this purpose where a thin coating is desired, and, too, flour is often used where crumbs will not adhere to the food. For example, when fish is crumbed it is often dredged with flour, dipped in the egg mixture, then in crumbs, placed in the croquette basket and fried.

LARDING.

Larding is introducing small strips of fat salt pork or bacon through uncooked meat. The lean, dry meats are larded to supply them with fat in which they are lacking and also to develop flavor. The tenderloins of beef (fillet), calves' liver, the legs of lean birds, also grouse, partridge, pigeon and sweetbreads are larded. The pork from pigs is firmer and is considered the best for larding. This fat pork should be kept in a very cold place that it may become thoroughly chilled. The "larding fat" is found underneath the rind between the latter and a vein which divides the tougher fat from the more tender. From this fat is cut the lardoons. These slices are cut sometimes less than a fourth of an inch thick, then cut in narrow strips, these strips cut in the desired length. For small birds, such as quail, the lardoons are cut very small. To lard: Introduce one end of the lardoon into a larding needle, hold securely and with the pointed end take up a stitch one-half inch deep and one-half inch wide; draw needle through carefully, that laroon does not escape from the needle; the ends of the lardoon should project evenly over the surface of the meat. In the case of larding a "fillet" of beef the lardoons are introduced in parallel rows, an inch and a half apart, stitches in the alternate rows being taken immediately under each other. When larding the various cuts of meat, lard with the grain of the meat; larding the "fillet" is the exception, the lardoons being introduced crosswise the grain of the meat. When larding birds the lardoons are inserted at right angles with the

breast bone on either side and then trimmed evenly. When larger lardoon are used, and are forced through the meat from one side to the other, this is called daubing; when preparing beef a la mode this method is followed. Oftentimes very thin slices of fat salt pork or bacon are placed over meat as a substitute for larding. The delicious flavor, however, is not developed in this way as when the pork is drawn through the meat, and the dish is not as attractive looking.

CHAPTER II.

HOW TO MEASURE.

A system of accurate measurements is absolutely necessary to insure success. Scientific training has exploded the old idea "that with good judgment and experience, measuring ingredients **by sight** will do." The exact quantity called for, measured each time in the same utensil, whether it be cup, tablespoon or teaspoon, are definite guides that must be followed if success would be attained. Enameled measuring cups, plainly marked in quarters and thirds, each holding one-half pint, a teaspoon holding sixty drops, a tablespoon of ordinary size (do not mistake a dessert spoon for this spoon) and a case knife, are the few essentials that must be used for measuring ingredients in the recipes incorporated in this book. These utensils may be purchased at any kitchen furnishing shop for a nominal sum.

TO MEASURE DRY INGREDIENTS.

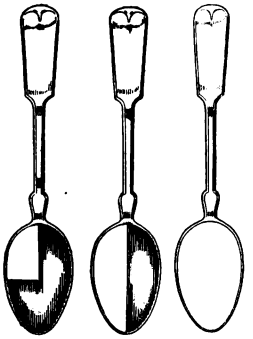
All flours, meal, confectioners', powdered and granulated sugar and other dry ingredients that are put into cartons or cans that are apt to settle and in some cases harden, should be sifted before measuring. This suggestion is not to be ignored if you would be successful as well as economical, for by sifting these ingredients they are lightened and therefore made to go further.

A CUPFUL.

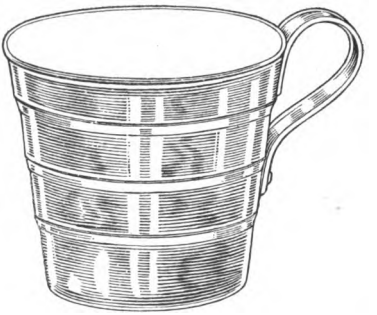
A cupful means all the cup will hold. The cup is filled with a tablespoon heaping full, then leveled with a knife. Great care must be taken not to shake the cup. All dry ingredients are tossed lightly into the cup, then leveled with a knife.

TABLESPOONS AND TEASPOONS.

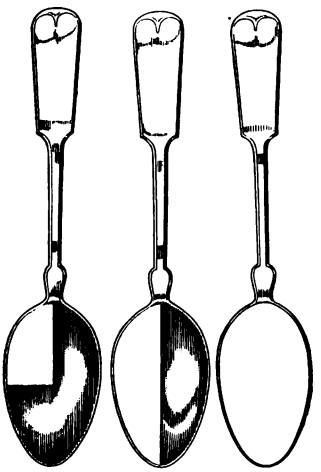
Tablespoons of regulation size are filled and leveled with a knife. A teaspoon is filled and leveled with a knife. To measure



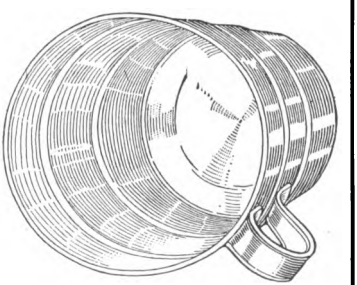
QUARTER TEASPOON HALF TEASPOON FULL TEASPOON



MEASURING CUP MARKED IN QUARTERS



QUARTER TABLESPOON HALF TABLESPOON FULL TABLESPOON



MEASURING CUP MARKED IN THIRDS

liquids, a table or teaspoon means all the spoon will hold. To measure dry ingredients in a table or teaspoon, dip the spoon in the ingredients, when filled, lift and level with a knife, sharp edge of blade turned toward handle of spoon. Dividing with knife lengthwise of bowl of spoon is a half tablespoon; dividing the half cross-wise is a fourth and dividing the fourth cross-wise is one-eighth. Divisions are made in the teaspoon the same. Less than an eighth of teaspoon is a few grains.

MEASURING LIQUIDS.

Place the cup to be filled on a saucer and fill it to the brim. A cupful of liquid could not be carried safely across the kitchen without spilling some of its contents.

MEASURING BUTTER, LARD, ETC.

Fats used for shortening are packed solidly in cups, table and teaspoon and leveled with a knife. A pair of measuring cups will be found very convenient when measuring ingredients, one for the dry and the other for the shortening and liquids. One cup may serve the purpose if dry ingredients are measured first, then liquids and fats, when such ingredients are called for.

COMBINING INGREDIENTS.

The next very important step toward success in all cookery is in combining ingredients and mixtures; the one too often disregarded by the amateur. There are three motions used in combining ingredients—stirring, beating, and cutting and folding.

Stirring: Is combining ingredients by circular motions, enlarging and repeating these motions until all ingredients are thoroughly blended. This motion is most commonly used in general cookery, either alone or alternately with beating.

Beating: Is accomplished by cutting down through ingredient or ingredients with a mixing spoon or a similar utensil from top to bottom, turning ingredients over and over, cutting through them until all are thoroughly blended and lightened. By this motion ingredients are not only blended, but air also is incorporated, which increases the lightness of mixture.

Cutting and Folding: Means to combine two mixtures, one made very light by beating or whipping (as heavy cream or whites of eggs); this is a combinaton of the two former motions. It is best accomplished with a wooden spoon made for this purpose. These repeated vertical downward motions made with this spoon are called cutting; turning the ingredients over and over allowing the spoon with each turn to come in contact with the bottom of the bowl is called folding. Repeating these motions until the ingredients are thoroughly blended without destroying the air bubbles previously made by beating or whipping part of mixture.

Briefly: To stir means blending ingredients. To beat means lightening the mixture by incorporating air. To cut and fold is combining two mixtures (one of which has been made light by beating) in such a manner as to prevent the escape or loss of air previously introduced.

STANDARD TABLE OF WEIGHTS AND MEASURES.

All measurements are made level.
A teaspoon of regulation size holds sixty drops.
Three teaspoons of liquid equal one tablespoon.
Four tablespoons of liquid equal one-half gill or one-quarter cup.
Two gills equal one cup.
Two cups equal one pint.
Two pints (four cups) equal one quart.
Four cups of flour equal one pound or one quart.
Four cups of liquid equal one quart.
Two cups of butter packed solidly equal one pound.
One-half cup butter packed solidly equals one-quarter pound or four ounces.
Two cups granulated sugar equal one pound.
Two and one-half cups powdered sugar equal one pound.
Two cups milk or water equal one pound.
Two cups chopped meat, packed solidly, equal one pound.
Nine to ten eggs (without shells) equal one pound.
Two tablespoons butter (solid and level) equal one ounce.

Four tablespoons butter (solid and level) equal two ounces or one-quarter cup.
Two tablespoons granulated sugar equal one ounce.
Two tablespoons flour equal one ounce.
Four tablespoons coffee equal one ounce.
One tablespoon liquid equals one-half ounce.
Tbsp.—Tablespoon.
Tsp.—Teaspoon.
F. G.—Few grain.

CHAPTER III.

BEVERAGES.

BOILED COFFEE.

1 cup medium ground coffee
2 tablespoons slightly beaten egg
1 cup cold water
6 cups boiling water.

Process: Put the coffee in a bowl; beat egg slightly with a fork. Add two tablespoons of the beaten egg to the coffee. Add one-half cup of cold water. Mix well and turn into an enameled lined coffee pot, previously scalded. Add six cups boiling water; pack the spout of the coffee pot with soft paper, place on range and bring to boiling point. Boil four minutes from the time coffee begins to boil. Stir down and add remaining half cup of cold water. Pour off a cup to clean the spout of grounds return to coffee pot and place the latter on an asbestos sheet over the simmer burner, where it will keep hot but not boil. Let stand ten minutes. Serve with hot cream. If for any reason the coffee must stand longer than that, strain it from the grounds and keep it at a uniform temperature until ready to serve. Change of temperature affects coffee very materially.

CAFE AU LAIT.

Follow recipe for Boiled Coffee, using three cups of boiling water and three cups scalded milk. When the coffee is placed over simmer burner to ripen, scald the milk in a double boiler, then combine the two. This is a most delicious beverage and serves the purpose well when cream is scarce.

TEA.

3 teaspoons tea
2 cups boiling water

Process: Scald the tea pot with clean hot water. Put tea into pot and add boiling water. Let infuse five minutes. Serve

in hot cups with cream and sugar, or omit the cream and add a thin slice of lemon. When a candied strawberry or cherry is added to the tea, it is called Russian Tea.

COCOA.

4 tablespoons cocoa
¼ cup sugar
Few grains salt
4 cups scalded milk
½ teaspoon vanilla
1 cup boiling water

Process: Scald milk in double boiler. Mix cocoa, sugar and salt in a sauce-pan. Add sufficient boiling water to make a smooth paste; stir constantly. Then add remaining water, place on range and boil one minute. Turn into scalded milk and beat two or three minutes with a Dover egg beater. A foam will form on top, preventing the scum from rising, which is so unsightly. This is called "milling."

CHOCOLATE.

4 cups scalded milk
2 squares Baker's chocolate
Few grains salt
1 cup boiling water

Process: Scald milk in double boiler. Break chocolate into small pieces and melt in a small sauce-pan placed over hot water. Add sugar, salt and slowly the boiling water, stirring constantly. Place over simmer burner covered with asbestos sheet and cook one minute. Great care must be taken that the mixture does not scorch. Combine with scalded milk; mill thoroughly with the Dover egg beater. Place a heaping teaspoon of whipped cream in each hot chocolate cup and pour on the hot mixture. Serve immediately.

LEMONADE.

2 cups sugar
½ cup hot water
3 thin shavings lemon peel
2 quarts cold water
Juice 6 lemons

Process: Put sugar in a sauce-pan, add hot water; stir well. Place on range and bring to boiling point; boil three minutes. Pour hot syrup over lemon peel, being careful that all the white, bitter portion has been removed from the latter. Let stand until

syrup is cold. Add the lemon juice and cold water; mix well. Let stand two hours in a covered vessel, then strain. Dilute with cracked ice.

OAT MEAL WATER.

Put one quart Quaker oats through the meat chopper. Pour over meal two quarts boiling water. Let stand in a warm place, temperature about 80 degrees F., two hours or more. Oat meal will settle to the bottom of the vessel; then pour off liquor very carefully. Strain through double cheese cloth or jelly bag. Chill thoroughly. This is a most refreshing beverage for hot weather, and especially good for one employed at hard manual labor.

OAT MEAL LEMONADE.

A most delicious summer beverage may be made by adding syrup and lemon juice prepared as for lemonade, to two quarts of oat meal water. Chill thoroughly but do not dilute with cracked ice.

CHAPTER IV.

BREAD AND ROLLS.

MILK BREAD.

2 cups scalded milk
2 tablespoons sugar
2 tablespoons butter or lard
1½ teaspoon salt
1 Fleischmann's yeast cake dissolved in
½ cup lukewarm water
6 to 7 cups sifted flour

Process: Put sugar, shortening and salt into mixing bowl; add scalded milk; when lukewarm, add dissolved yeast cake. with a wooden batter spoon, stir in flour to a stiff dough; turn on a well floured board; knead until dough is smooth and springy (using the seventh cup of flour for this purpose). Brush dough over lightly with melted lard, cover and set to rise in a warm place (70 to 90 degrees F.). When dough has doubled its bulk, cut it down and knead it slightly without removing from mixing bowl. When again double in bulk, turn on floured board, divide into three equal parts weighing one pound each; shape into loaves. Place two loaves in one buttered pan, brush between with melted butter; put remaining loaf in a smaller pan. Cover and set to rise. When light bake in an oven 360 to 400 degrees F. forty-five minutes.

GRAHAM BREAD.

2 cups scalded milk or water
2 tablespoons butter or lard
4 tablespoons sugar or molasses
1½ teaspoon salt
1 Fleischmann's yeast cake dissolved in
½ cup lukewarm water
4 cups sifted Graham flour
3 cups white flour

Process: Put sugar or molasses and salt in mixing bowl; add scalded milk. When mixture is lukewarm add dissolved yeast cake. Add flour; beat thoroughly; cover and let rise to

double its bulk; turn on a floured board; knead slightly. Shape into loaves; place in buttered brick shape pans cover and set to rise. When light bake forty-five minutes in a bread oven.

ENTIRE WHEAT BREAD.

2 cups scalded milk
2 tablespoons butter
¼ cup sugar
1 Fleischmann's yeast cake dissolved in
½ cup lukewarm water
2½ cups bread flour
4½ cups entire wheat flour

Process: Follow recipe for making Milk Bread. Mix stiff and knead the same. Molasses may be used in place of sugar. Bake forty-five to fifty minutes.

QUAKER OATS BREAD.

1 package Quaker oats
4 cups boiling water
2 teaspoons salt
1 tablespoon sugar
2 tablespoons butter
1 Fleischmann's yeast cake dissolved in
½ cup lukewarm water
2 quarts flour

Process: Put oats, salt, sugar and butter into a mixing bowl. Add two cups boiling water; let stand until lukewarm. Then add remaining two cups hot water, and when lukewarm add yeast cake and flour, one cup at a time, beating constantly. When all but two cups have been added, dredge the moulding board heavily with some of remaining flour, and knead in the two cups if necessary. Knead the dough until the ingredients are well blended and dough is elastic to the touch. Cover and set to rise in a warm place until double in bulk; cut down and knead slightly without removing dough from bowl. Let rise again, and when double in bulk, turn on a floured board, knead slightly, shape into loaves, each loaf weighing one pound. Set to rise, and when light bake one hour. This dough is very sticky, and it may be necessary to use more flour for dredging the board.

GERMAN COFFEE CAKE.

1 cup scalded milk
¼ cup butter
⅓ cup sugar
½ teaspoon salt
1 Fleischmann's yeast cake dissolved in
¼ cup lukewarm water
1 egg well beaten
½ cup seeded and shredded raisins
Flour

Process: Put butter, sugar and salt in mixing bowl; add scalded milk. When lukewarm add dissolved yeast cake, beaten egg and sufficient flour to make a very thick batter. Beat thoroughly until mixture is smooth. Add raisins, cover closely and set to rise. When light, spread dough in buttered dripping pan one inch in thickness; cover and let rise again. Before placing in the oven brush over with beaten egg and cover with the following mixture:

Melt one-third cup butter in a sauce pan, add one-half cup sugar, mix with one and one-half teaspoons cinnamon. When sugar is partially melted add one and one-half tablespoons flour. Mix well and spread on cake, strew top with blanched and shredded almonds, bake twenty-five minutes in a moderate oven.

PARKER HOUSE ROLLS.

2 cups scalded milk
4 tablespoons butter
2 tablespoons sugar
1 teaspoon salt
1 Fleischmann's yeast cake dissolved in
¼ cup lukewarm water
5½ to 6 cups flour

Process: Put butter, sugar and salt into mixing bowl; add scalded milk; stir well. When lukewarm add dissolved yeast cake and three cups flour. Beat well; cover and set to rise until sponge is light. Beat sponge and add remaining flour. Set to rise again. When light turn on a floured board and roll to one-third inch thickness. Shape with a biscuit cutter measuring two and one-half inches in diameter, dipping it into flour before cutting rolls. Press a crease across each roll, using the handle of a small wooden spoon first dipped in flour; brush over one-half of each roll with melted butter, fold and press edges to-

gether. Place on a buttered Russia sheet one and one-half inches apart, cover and set to rise. When light bake in a hot oven fifteen to twenty minutes. Five minutes before removing from the oven brush over with the white of an egg beaten slightly and diluted with two tablespoons cold milk. These folded rolls will part slightly in rising and if set to rise in too warm a place will rise too quickly and become unshapely. This same dough may be shaped in small balls of uniform size placed in rows on a floured board, covered and set to rise fifteen minutes. Then dip the handle of a wooden spoon in flour and press a deep wide crease in the center of each roll; brush the edges of the crease with melted butter. Place them in a buttered pan or on a buttered Russia sheet one and one-half inches apart; cover and let finish rising. When light bake as Parker House Rolls. These rolls are called Cleft Rolls.

CINNAMON ROLLS.

2 cups scalded milk
1 Fleischmann's yeast cake dissolved in
½ cup lukewarm water
3 eggs lightly beaten
½ cup butter
⅔ cup sugar
1 teaspoon salt
4 tablespoons granulated sugar
1½ teaspoon cinnamon
Flour

Process: Prepare a sponge with the scalded milk; when lukewarm add two cups flour and dissolved yeast cake; beat thoroughly; cover and set to rise. When light add well beaten eggs, butter worked to a creamy consistency, sugar, salt and flour enough to knead (about six and one-half cups). Knead until smooth and elastic. Roll out to one-fourth inch thickness, spread generously with soft butter, sprinkle thickly with sugar and cinnamon, mixed and sifted. Roll like jelly roll; cut off slices one-half inch thick; set them close together, cut side down, in a buttered dripping pan. Brush between rolls with melted butter, cover and set to rise. When light, bake thirty minutes in a moderate oven; remove from oven and brush over with white of egg diluted with two tablespoons cold milk. Return to oven to brown; repeat, to give them a glossy appearance.

BUTTER BUNS.

2 cups scalded milk
3 tablespoons sugar
1 teaspoonful salt
½ cup butter
1 Fleischmann's yeast cake dissolved in
¼ cup lukewarm water
3 eggs lightly beaten
Flour

Process: Prepare a sponge with scalded milk; when lukewarm add two cups flour and dissolved yeast cake; beat thoroughly. Cover and set to rise in a warm place. When light, add sugar, salt and butter worked to a creamy consistency; eggs well beaten and flour enough to knead. Let rise again and when light knead slightly, and shape in small balls. Cover and set to rise until light. Bake twenty minutes in a hot oven. Five minutes before removing from oven, brush over tops with egg and milk wash; return to oven to brown. Great care should be taken when making these buns not to use too much flour.

QUAKER OATS BISCUIT.

2 cups scalded milk
1 cup uncooked Quaker oats
¼ cup butter
1¼ teaspoon salt
½ cup N. O. molasses
1 Fleischmann's yeast cake dissolved in
½ cup lukewarm water
Equal parts white and entire wheat flour

Process: Put oatmeal in mixing bowl; add scalded milk. Let stand five minutes, then add butter, salt and molasses. When lukewarm add dissolved yeast cake, flour, using about two and one-half cups of each kind, mixed and sifted. Beat thoroughly and set to rise. When light beat again and fill very small buttered gem cups two-thirds full. Let rise until moulds are full, then bake twenty-five minutes in a hot oven.

MILK TOAST.

Dilute three tablespoons of flour with cold water to make a thin, smooth paste. Add this slowly to two and one-half cups of scalded milk, in double boiler, stirring constantly until thickened. Cover and cook twenty minutes, stirring occasionally.

Season with salt and add two and one-half tablespoons butter. Dip six slices of toast, one at a time, into sauce. When soft remove to hot platter and strain remaining sauce over all.

MARIGOLD TOAST.

Follow recipe for Cream Toast. Arrange slices and sauce on hot serving platter. Slice the whites of hard cooked eggs in rings and arrange them around the rim of platter; put the yolks in a potato ricer and press them over the top of all. Sprinkle with paprika and serve at once.

TOMATO CREAM TOAST.

Melt three tablespoons butter in a sauce pan, add three tablespoons flour, three-fourths teaspoon salt and one-eighth teaspoon paprika. Stir to a smooth paste and gradually add one and one-half cups of tomato, stewed and strained, to which one-fourth teaspoon soda has been added. Then add two-thirds cup of scalded cream. Dip slices of toast into sauce, and serve as milk toast.

A dish of freshly grated Parmesan cheese may be passed with each portion of toast; a slight sprinkle is a great addition to this dish.

GERMAN TOAST.

3 eggs slightly beaten
½ cup milk
2 tablespoons sugar
⅓ teaspoon salt
Stale bread

Process: Cut stale bread in half inch slices; remove the crust. Dilute slightly beaten eggs with milk; add salt and sugar. Drop the slices of bread into egg mixture, allowing them to soak a few moments, then lift carefully with a spatula to a hot, well greased griddle, using equal parts of lard and butter. Brown on one side, turn and brown on the other. Add more lard and butter if necessary. Serve with maple syrup for breakfast or luncheon, or with apricot sauce for dessert. (See pudding sauces). Stale sponge cake may be used in the same manner.

DRY TOAST.

Cut stale bread in one-third inch slices; remove the crust. Lay slices on the broiler some distance from the gas flame and toast the bread, turning often until it is evenly browned. If you stack the toast, one slice on top of the other, toast will soon become moist and tough. Toast may or may not be buttered before sending to the table.

CHAPTER V.

BISCUITS, BATTERS, ETC.

BAKING POWDER BISCUITS.

2 cups pastry flour
4 teaspoons baking powder
½ teaspoon salt
2 tablespoons butter or lard
¾ cup milk or water

Process: Sift together flour, baking powder and salt. Add shortening and rub into flour with tips of fingers, using a light touch. Add milk or water, mix with a knife to a soft dough. Turn on a lightly floured board; knead slightly. Pat and roll to one-half inch thickness. Shape with small biscuit cutter. Place close together in a buttered pan and bake in a hot oven fifteen minutes.

CREAM FRUIT ROLLS.

2 cups pastry flour
½ teaspoon salt
4 teaspoons baking powder
1 tablespoon butter
1 cup cream
Dates

Process: Sift together flour, salt and baking powder; add shortening and rub in with tips of fingers. Add cream, mix with knife to a soft dough. Turn on a lightly floured board; pat and roll to one-third inch thickness. Cut with biscuit cutter, place one-half of a stoned date on half of biscuit, brush edges with milk and fold as Parker House Rolls. Press edges together, brush top of rolls with milk and place one-half date on top of each. Bake on a buttered sheet in a hot oven fifteen minutes.

DUTCH APPLE CAKE.

2 cups pastry flour
½ teaspoon salt
3 teaspoons baking powder
3 tablespoons sugar
2 eggs
3 tablespoons melted butter
1 cup milk
Tart apples

Process: Sift together flour, salt, baking powder and sugar. Beat the yolks of eggs thick and light; add to first mixture. Add melted butter and milk. Beat mixture thoroughly until smooth. Cut and fold in whites of eggs beaten stiff and dry. Spread mixture into a buttered shallow pan to the depths of three-fourths inch. Pare, core and cut into eighths, tart apples. Press sharp edges into batter in two parallel rows. Sprinkle with sugar and cinnamon and bake in a hot oven twenty-five minutes.

WHEAT MUFFINS.

⅓ cup butter
¼ cup sugar
¾ cup thin cream or milk
4 teaspoons baking powder
2 cups flour
½ teaspoon salt
1 egg beaten very light

Process: Cream the butter with a wooden spoon. Add sugar gradually, then alternately cream and flour sifted with baking powder and salt. Add well beaten egg. Bake in hot well buttered gem cups. A cup of blueberries may be added to this mixture for blueberry tea cakes or one-fourth pound dates may be stoned, chopped and added to the butter and sugar for date muffins.

GRAHAM MUFFINS.

1 cup Graham flour
1 cup white flour
¼ cup sugar or molasses
1 teaspoon salt
1 cup milk
1 egg beaten very light
1 tablespoon butter
4 teaspoons baking powder

Process: Sift together flours, sugar, salt and baking powder. Add milk gradually, egg beaten very light and melted butter. Beat mixture thoroughly. Bake in hot buttered iron gem cups twenty-five minutes in a hot oven.

CORN MUFFINS.

1 cup corn meal
1 cup white flour
4 teaspoons baking powder
¼ cup sugar
½ teaspoon salt
1 cup thin cream or milk
2 eggs beaten very light
4 tablespoons melted butter

Process: Sift together corn meal, flour, baking powder, sugar and salt. Add cream and stir to a smooth batter. Add well beaten eggs and melted butter. Beat thoroughly and bake in hot buttered gem cups in a hot oven, twenty minutes.

POPOVERS.

1 cup flour
¾ teaspoon salt
⅞ cup milk
½ teaspoon melted butter
2 eggs beaten very light

Process: Sift flour and salt together, add milk gradually, beating continuously. Add melted butter and beaten eggs. Beat batter with a Dover egg beater three or four minutes until it is perfectly smooth, creamy and full of bubbles. Pour into hissing hot, well greased gem cups and bake in a hot oven thirty to thirty-five minutes. They may also be baked in earthen custard cups. When baked in the latter vessel they will have a glazed appearance.

BATTER No. 2.

1 cup flour
¼ teaspoon salt
⅔ cup milk
2 eggs
1 tablespoon olive oil or melted butter.

Process: Mix and sift flour and salt, add milk gradually, yolks of eggs beaten thick and light, add olive oil and cut and fold in the whites of the eggs beaten until stiff and dry.

APPLE FRITTERS.

1 cup bread flour
1 tablespoon sugar
¼ teaspoon salt
¼ cup water
2 teaspoons olive oil
White of one egg beaten stiff and dry
Tart apples

Process: Sift flour, salt and sugar, add water gradually, beating constantly. Add olive oil and beaten egg. Give batter a thorough beating, then core and pare tart apples, sprinkle with lemon juice and dredge thoroughly with sugar; let stand one hour. Drain and drop slices into batter; fry in deep, hot fat. Drain on brown paper, dredge lightly with powdered sugar and serve with lemon sauce. Other fruits may be used in place of apples.

SOUR MILK GRIDDLE CAKES.

2½ cups flour
1 teaspoon salt
2 cups rich sour milk
1¼ teaspoon soda
1 egg lightly beaten

Process: Mix and sift flour, salt and soda. Add sour milk and beat to a smooth batter. Add well beaten egg; continue beating until ingredients are thoroughly blended. Batter should be smooth and creamy. Drop by spoonsful on well greased hot griddle. Cook on one side and when light and covered with bubbles, turn and cook on the other side.

WAFFLES.

3½ cups flour
2 tablespoons baking powder
1 teaspoon salt
2 cups milk
Yolks 4 eggs
Whites 4 eggs
2 tablespoons melted butter.

Process: Mix and sift dry ingredients, add milk gradually, beating constantly. Add butter, yolks of eggs well beaten and whites of eggs beaten stiff. Beat mixture thoroughly. Cook in a well greased hot waffle iron, browning first on one side, then turn iron and brown on the other. Serve with maple or lemon syrup.

APRICOT DUMPLINGS.

2 cups pastry flour
½ teaspoon salt
4 teaspoons baking powder
1 tablespoon butter or lard
1 cup thin cream
Apricots

Process: Sift together flour, salt and baking powder. Rub shortening in with tips of fingers. Add cream, mixing with a knife to a soft dough. Turn on a floured board; pat and roll to one-fourth inch thickness. Shape with a biscuit cutter three inches in diameter. Place two halves of canned apricots in each, enclose them, pressing edges of dough together. Shape dumpling in a ball by rolling between the hands lightly. Place in a buttered granite dripping pan two inches apart. Sift around them one cup granulated sugar, add two cups cold water to apricot liquor and pour around dumplings. Bake in a hot oven twenty minutes, basting three times. Apples or peaches

may be used in place of apricots. Serve with Hard, Apricot or Creamy Sauce.

STRAWBERRY SHORTCAKE.

2 cups flour
¾ teaspoon salt
4 teaspoons baking powder
1 tablespoon butter or lard
1 cup thin cream

Process: Sift together flour, salt and baking powder. Rub shortening in with tips of fingers. Add cream, mix with a knife to a soft dough. Turn on a floured board, knead slightly and divide the dough into two equal parts. Pat and roll each piece to one-half inch thickness; lay one piece in a buttered jelly cake pan, brush over with soft butter and place remaining piece on top. Bake in a hot oven fifteen minutes. Remove from oven; invert cake on a hot serving platter. Remove bottom layer, which is now the top. Spread with soft butter and add a layer of berries prepared as directed hereafter. Sift generously with bar sugar, replace remaining cake, cover with berries, sprinkle with sugar, mask with whipped cream sweetened and flavored with orange extract.

STRAWBERRY MIXTURE.

Wash two quarts strawberries; hull and cut each berry in half. Prepare a syrup by boiling together 2 cups sugar and one-half cup water four minutes. Pour syrup while hot over berries and let stand an hour or more before using. Lift the berries from syrup and place between layer and on top of shortcake. Strain syrup into a pitcher or bowl and pass with each portion of shortcake. In this way the shortcake does not become soaked with the juice and is very much more delicate.

DOUGHNUTS.

1 cup sugar
3 tablespoons butter
1¼ cup sour cream or buttermilk
3 eggs
1½ teaspoons soda
½ teaspoon nutmeg
½ teaspoon salt
5 cups flour

Process: Beat eggs very light without separating, add sugar gradually, soft butter and sour cream alternately with flour previously sifted with soda, salt and nutmeg. Chill the dough thoroughly. Shape with a cutter and fry in deep, hot fat. This mixture may be made in the evening, covered closely, placed in the refrigerator over night, shape and fry them in the morning.

CHAPTER VI.

CEREALS.

HASTY PUDDING.

(Corn Meal Mush.)

Put one quart boiling water in the top of double boiler. Add two and one-half teaspoons salt. Mix two cups yellow or white corn meal with two cups of cold milk or one cup each water and milk. Stir; add slowly to boiling water. Boil five minutes, stirring constantly; place vessel over hot water and let cook three to five hours, stirring occasionally to prevent mush from lumping. The longer it steams the more delicious the flavor. Serve with milk or cream. If white and yellow corn meal is made into Hasty Pudding in separate vessels, then packed in alternate layers in a brick shape mould, chilled and then sliced and served with cream, it makes a very attractive dish that might serve in an emergency as a dessert.

FRIED MUSH.

Prepare mush as in the foregoing recipe. Pack solidly in a wet granite brick shape bread pan. When cold, turn on meat board and cut in three-quarter inch slices. Dip in flour and fry—or fry without dredging with flour. Brown richly on one side; then turn and brown on the other. These pieces may be dipped in egg and fine cracker crumbs and fried in deep, hot fat. Serve with crisp bacon.

QUAKER OATS MUSH.

Stir slowly one part Quaker oats into two parts boiling salted water. Boil two minutes rapidly, stirring constantly, then cook in double boiler one hour or more. Serve with cream or milk.

BOILED RICE.

1 cup rice
2 quarts boiling water
1¼ tablespoons salt

Process: Put two or three quarts water in a sauce-pan, add one and one-fourth tablespoons salt. Add washed rice slowly, so as not to retard the boiling process. Cook very rapidly in an uncovered vessel until the grains are soft. It may be neccessary to add more water. When rice is tender, drain; return to vessel in which it was cooked, cover with a clean tea towel, remove to back of range to dry. Rice prepared in this way may be served as a hot vegetable or used as a rice border.

RICE WITH PARSLEY OR CHIVES.

Cook one cup of washed rice in two quarts of boiling salted water until tender, add one-fourth cup butter, one-half tablespoon of finely chopped parsley and chives; toss lightly together and serve as a vegetable.

MACARONI WITH CHEESE SAUCE.

½ package macaroni broken in pieces
2½ quarts boiling water
1 onion
1 tablespoon salt
1 tablespoon butter
6 cloves

Process: Put butter in large sauce-pan; add onions stuck with cloves, boiling water, salt and macaroni; let cook until tender (about twenty minutes) remove onion. Drain and blanch; re-heat in cheese sauce (see chapter on savory sauces for meats, etc.).

SPAGHETTI WITH TOMATOES.

Cook one onion stuck with four cloves, two tablespoons butter and one-half package spaghetti broken in inch pieces, in two and one-half quarts boiling salted water until spaghetti is soft. Remove onion. Butter a baking dish and add alternate layers spaghetti and highly seasoned tomato puree, sprinkle each layer of spaghetti with grated parmesan cheese, salt, a few grains cayenne and grated onion. Cover with buttered crumbs and bake in the oven until mixture is heated through and crumbs are browned.

CHAPTER VII.

EGGS.

SOFT AND HARD COOKED EGGS.

Put boiling water into a sauce-pan, then carefully add the desired number of eggs, using a spoon for this purpose. Place sauce-pan on an asbestos sheet, over the simmer burner where the water will not boil. Cook from eight to ten minutes if liked soft; forty to forty-five minutes if well done or "hard boiled."

SCRAMBLED EGGS.

5 eggs slightly beaten
½ teaspoon salt
⅛ teaspoon pepper
⅓ cup milk
1½ tablespoons butter

Process: Melt butter in a sauce-pan. When bubbling add eggs, salt, pepper and milk thoroughly blended. Cook until of a creamy consistency, stirring and scraping from the bottom and sides of the pan, using a fork for this purpose. When sufficiently cooked, scrape gently to the side of the pan, roll on a hot serving platter and garnish with shredded bacon. Sprinkle with paprika and serve at once.

SCRAMBLED EGGS WITH DRIED BEEF.

5 eggs
½ teaspoon salt
⅛ teaspoon pepper
⅓ cup milk
1 cup minced dried beef
1½ tablespoons butter

Process: Beat eggs slightly with a silver fork; add salt, pepper, milk and dried beef. Melt butter in a well heated omelet pan; turn in the mixture. Cook until of a creamy consistency, stirring and scraping from bottom of pan.

FRIED EGGS.

Pan broil thin slices of bacon. When bacon is crisp remove to serving platter. Break the desired number of eggs one

at a time in a saucer and slip carefully into the bacon fat. Add boiling water to cover. Cover pan closely and steam until whites of eggs are firm. Remove carefully with a skimmer to serving platter. Sprinkle delicately with salt and pepper. Serve immediately with bacon.

POACHED EGGS.

Fill an omelet pan two-thirds full of boiling salted water or well seasoned white stock. Allow one and one-half teaspoons salt to a quart of water. Butter muffin rings and place in the water. Break the desired number of eggs separately in a cup and slip them carefully into the muffin rings. The water should cover the eggs. When the whites are solid and a film has covered the yolk, remove carefully with a buttered skimmer, one at a time, and place them on circular pieces of buttered toast. Place a dot of butter on each egg, sprinkle lightly with salt and pepper and serve immediately.

EGGS A LA CALCUTTA.

Arrange a border of steamed rice on a hot serving platter, leaving a nest in center. Slice six hard cooked eggs; dispose in the nest, and pour over one cup of thin, white sauce, to which is added one cup Edam cheese cut in small pieces. Season highly with salt and cayenne, sprinkle all lightly with paprika. It will require one and one-half cups rice for the border.

DEVILED EGGS.

1 dozen eggs
3 tablespoons olive oil
1 tablespoon lemon juice
½ cup cold boiled chicken or ham, finely chopped
2 teaspoons French or German mustard
Salt and cayenne

Process: Put eggs in a sauce-pan, cover with hot water, bring to boiling point, then reduce heat. Simmer forty-five minutes, keeping water just below the boiling point. Drain from hot water, remove shells, cut them in halves lengthwise, remove yolks and rub to a smooth paste with olive oil; add lemon juice,

mustard, chicken, salt and cayenne. Roll this mixture in balls the original size of the yolks and replace in halves of the whites. Arrange three halves in individual nests of head lettuce leaves, and serve with Mayonnaise or boiled salad dressing.

FRENCH OMELETTE.

4 eggs slightly beaten
4 tablespoons milk
1 teaspoon salt
⅛ teaspoon pepper
2 tablespoons butter

Process: To slightly beaten eggs, add milk, salt and pepper. Melt butter in a hot omelette pan. Turn in egg mixture and let cook until slightly thickened. Then prick and pick up cooked portion with a fork, allowing the uncooked mixture to flow underneath. Continue this method until the whole is of a creamy consistency. Place over the gas flame and allow the omelette to brown delicately; use great care that it does not scorch. Roll and turn on a hot platter.

PLAIN OMELET.

Yolks 4 eggs
Whites 4 eggs
½ teaspoon salt
Few grains pepper
4 tablespoons hot water
1½ tablespoons butter

Process: Beat yolks of eggs thick and light, add salt and pepper; beat whites stiff and dry. Add hot water to yolks of eggs, then cut and fold in whites of eggs. Melt butter in a hot omelet pan, turn in mixture and spread evenly. Let cook on top of range slowly until well puffed, turning the omelet pan carefully that it may rise evenly. When well puffed place on the center grate of the gas oven and finish cooking. The omelet is cooked if it is firm to the touch when lightly pressed with the fingers.

CHAPTER VIII.

SOUPS AND SOUP GARNISHINGS.

BROWN SOUP STOCK.

6 pounds shin of beef
3 quarts cold water
¾ teaspoon pepper corns
8 cloves
1 small bay leaf
3 sprigs thyme
1 sprig marjoram
2 sprigs parsley
Carrot, Celery, Turnip — ⅔ cup each cut in dice
1 medium-sized onion sliced
1¼ tablespoons salt

Process: Remove beef from paper immediately when brought from the market. Wipe with a piece of cheese cloth wrung from cold water. Remove meat from bone and cut in inch cubes. Brown one-third of the meat in a hot frying pan in the marrow taken from the marrow bone. Put remaining two-thirds with bone and fat in stock pot. Add water and let stand thirty minutes. Place over simmer burner; add the browned meat and bring gradually to the boiling point. Let boil five minutes. Skim. Cover and simmer six hours, being careful to keep below the boiling point. Add vegetables and seasoning the last hour of cooking. Strain, cool, and clear.

CONSOMME.

3 pounds of the middle cut of the round
1½ pounds marrow bone
3 pounds knuckle of veal
Carrot, Turnip, Celery — ⅔ cup each cut in dice
1 small onion sliced
2½ tablespoons butter
1¼ teaspoons salt
1 teaspoon pepper corns
6 cloves
3 sprigs thyme
1 sprig marjoram
3 sprigs parsley
1 small bay leaf
Cold water to cover

Process: Wipe meat with a piece of cheese cloth wrung from cold water. Cut meat in inch cubes. Brown one-half in some of the marrow taken from the marrow bone. Put remaining half in stock pot with cold water (about three quarts). Add veal cut in inch cubes. Add browned meat and bones. Let stand 30 minutes. Place on range and bring slowly to boiling point. Let simmer 4 hours. Skim when necessary. Cook vegetables in butter five minutes; add to soup with remaining seasonings. Simmer one hour, strain, cool, remove fat and clear. A quart of liquor in which a fowl was cooked, strained and cleared, may be added to this soup and will enrich it.

VEGETABLE SOUP.

To six cups of consomme add one-half cup each string beans, cut in diamonds; carrots cut in small straws; green peas; turnips, cut in small cubes; celery cut in very small pieces; one-fourth cup diced onion. These vegetables should be simmered in salt water until tender, drained and added to the hot consomme.

CONSOMME AU PARMESAN.

Consomme served with Parmesan cheese, freshly grated, placed in a dainty dish and passed with each portion of soup. A dessert spoonful is sprinkled lightly over the top of the hot consomme.

CONSOMME WITH NOODLES.

To six cups of consomme add noodles and one-half tablespoon finely chopped parsley. Noodles should be first cooked in boiling salted water, drained and added to hot consomme.

CONSOMME DUCHESS.

Consomme served with meringue prepared as follows:

Beat the whites of eggs very stiff and drop by heaping tablespoonful into milk heated to scalding point, in a shallow vessel. Great care should be taken that the milk does not scorch. It should be heated over hot water. Cook meringues first on one side; then turn and cook on the other until done, which may be determined by touching lightly with the fingers. If under-

done, it will cling to the fingers. Float one of these individual meringues on the top of each portion of consomme. Sprinkle lightly with finely chopped parsley. Serve in bouillion cups.

CREAM OF CORN SOUP.

1 can corn finely chopped
1 pint boiling water
1 pint scalded milk
1 slice onion
2 teaspoons sugar
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
⅛ teaspoon white pepper

Process: Chop corn very fine; add boiling water and cook slowly twenty minutes. Scald onion with milk in double boiler. Remove onion and add milk to corn; add sugar. Melt butter in sauce-pan, add flour and stir to a smooth paste. Add enough of the first mixture to the flour and butter to the consistency to pour. Combine the two mixtures; add seasonings. Beat thoroughly with a wire whip. Keep hot over hot water until served.

MOCK BISQUE SOUP.

1 quart scalded milk
1 slice onion
4 tablespoons flour
1 can tomatoes
2 teaspoons sugar
¼ teaspoon soda
⅓ cup butter
1 teaspoon salt
⅛ teaspoon pepper
4 or 5 drops Tabasco sauce

Process: Scald onion with milk. Remove onion and thicken milk with flour diluted with cold water to pour. (There should be no lumps in flour paste.) Cook twenty minutes in a double boiler, stirring constantly at first, afterwards occasionally. Put tomatoes in a sauce-pan and cook until moisture is well driven off. There should be two cups of pulp. Rub through puree strainer; add sugar and soda. Add the tomato mixture to the thickened milk, then strain into hot soup tureen over butter, salt, pepper and Tabasco sauce.

SCOTCH POTATO SOUP.

1 bunch leeks or 2 cups sliced onions
Salt, cayenne pepper
1½ quarts scalded milk

1 cup celery cut in small pieces
4½ tablespoons butter
3 cups potatoes cut in half-inch dice
2 tablespoons butter
3 tablespoons flour

Process: Slice leeks or onions. Mix with celery and cook in two and one-half tablespoons butter six minutes, tossing constantly. Add to scalded milk, and cook forty-five minutes. Cook potato ten minutes in boiling salted water. Drain. Put remaining butter in sauce-pan, add two tablespoons flour, stir to a smooth paste and dilute with some of the milk taken from the vegetables. Combine with milk and vegetables; add potatoes; cover, and cook until potatoes are tender. Season with salt, pepper and a few grains cayenne.

OYSTER STEW.

1 quart oysters
4 cups scalded milk
2 stalks celery cut in pieces
⅓ cup butter
Salt
Pepper

Process: Turn oysters into strainer and clean them by pouring over one cup cold water. Pick over carefully with the fingers to remove any bits of shell that may adhere to oysters. Reserve liquor and bring to boiling point. Strain through double cheese cloth laid in strainer. Scald milk with celery. Remove celery and add oyster liquor to milk. Put oysters in an omelet pan and cook until plump and gills are curled. Remove oysters with skimmer to hot soup tureen. Add butter, salt and pepper. Strain the oyster liquor obtained from oysters into milk. Then strain milk mixture over oysters. Serve immediately.

PUREE OF PEAS.

1 can marrowfat peas
1½ teaspoons sugar
2 cups cold water
2 cups milk
1 slice onion
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
⅛ teaspoon white pepper
½ cup hot cream

Process: Drain peas from their liquor; add cold water and sugar and cook until tender (about twenty minutes). Rub

through puree strainer. Place pulp in sauce-pan and thicken with butter and flour cooked together. Great care must be taken that the mixture does not scorch. Scald milk with onion, remove onion and add milk to first mixture. Season with salt and pepper. Add cream; whipped with a wire whisk until ingredients are thoroughly blended. If not served immediately, keep hot over hot water.

CORN CHOWDER.

1 can corn or 2 cups freshly grated corn
4 cups potato cut in one-third inch dice
2 inch cubes fat salt pork
1 large slice onion
4 cups scalded milk
½ dozen Boston crackers
½ tablespoon salt
⅛ teaspoon pepper
3 tablespoons butter

Process: Cut pork in small pieces; try out. Remove scraps, add onion and cook without browning five minutes, stirring constantly. Strain fat into a stew pan. Parboil potatoes five minutes in boiling salted water to cover. Drain, add potatoes to fat, then add two cups boiling water, cook until potatoes are tender. Add corn and scalded milk, bring to boiling point, season with salt and pepper; add butter. Split the crackers and allow them to soak in just enough milk to moisten. Remove crackers with skimmer, turn chowder into hot tureen and place the crackers on top. When milk and corn is added to the first mixture in bringing to the boiling point be careful that milk does not scorch.

CRISP CRACKERS.

Spread Saltines very thinly with butter, using one-eighth teaspoon to each cracker. Place in dripping pan and bake until a delicate brown, in a hot oven.

CRACKERS WITH CHEESE.

Place Saltines or Saratoga Wafers in a dripping pan. Sprinkle generously with grated cheese seasoned with salt and a few grains cayenne. Bake until cheese is melted.

CHEESE STICKS.

Cut stale bread in one-third inch slices, remove crust and spread thinly with butter; then cut slices into one-half inch strips. Sprinkle thickly with grated cheese seasoned with salt and a few grains cayenne. Place in dripping pan and bake until cheese is toasted.

CROUTONS.

Cut stale bread into one-third inch slices. Trim off the crust and spread thinly with butter. Cut slices into one-third inch cubes; place in dripping pan and bake until delicately browned in a hot oven. Or these cubes may be fried a golden brown in deep, hot fat; drain on brown paper and sprinkle lightly with salt before serving.

NOODLES.

1 egg ½ teaspoon salt Flour

Process: Beat egg slightly, add salt and sufficient flour to make a stiff dough. Knead until smooth on a slightly floured board. Roll as thin as paper. Cover sheet of dough with a towel and set away for fifteen or twenty minutes. Roll like a jelly roll and cut in thin slices with a sharp knife. Unroll each slice; shake them out over the board and let dry. Add to consomme or beef broth; simmer twenty minutes. A sprinkling of finely chopped parsley is considered an addition to the soup or when noodles are served as a vegetable.

CHAPTER IX.

FISH, OYSTERS, ETC.

BAKED WHITEFISH.

Clean a four-pound whitefish or lake trout. Sprinkle with salt inside; stuff with oyster stuffing. Truss. Cut five diagonal incisions on either side of backbone and lay in each a strip of fat salt pork. Incisions on one side should come between incisions on the other. Fish may be skewered in the form of the letter "S" to give it a graceful appearance, or placed on a well greased fish sheet in its natural position. Sprinkle with salt and pepper, brush over generously with melted butter, dredge with flour, and surround with small pieces of fat salt pork. Bake one hour in a hot oven, basting every ten minutes. After the first half hour the heat of the oven should be slowly reduced. The time for reducing the heat of the oven should be governed by the color of the fish. It should be allowed to brown evenly.

OYSTER STUFFING.

1 cup cracker crumbs
½ teaspoon salt
⅛ teaspoon pepper
½ tablespoon lemon juice
½ tablespoon finely chopped parsley
5 tablespoons melted butter
1 cup oysters
4 tablespoons oyster liquor

Process: Clean oysters and remove the tough muscle. Strain the liquor. Crush crackers moderately, season with salt, pepper, lemon juice; add parsley. Mix well; add oysters and oyster liquor.

PLANKED WHITEFISH.

Clean, wipe and split a three-pound whitefish, trim into shape; and place skin side down, on a hot, well greased oak fish plank one and one-half inches thick and two inches longer and wider than the fish. Brush over with melted butter. Sur-

round fish with a border of coarse salt to prevent plank from burning. Broil twenty minutes under the gas flame. Remove from oven, scrape off the salt border. Spread fish with melted butter and sprinkle with salt and pepper. Surround with a border made from potatoes forced through the pastry bag and rose tube. Garnish with parsley and slices of lemon. Serve fish on the plank placed on a large platter. There is no greater convenience for preparing planked foods than the gas range.

FRIED FISH.

Clean small fish, skin and sprinkle with salt, pepper and dredge with flour. Be sure they are entirely covered with flour. Dip in egg and cracker crumbs; place in croquette basket and fry in deep, hot fat slowly, until richly browned and cooked through. Drain on soft paper and serve with Maitre d' Hotel Butter, Sauce Tartare, Hollandaise or Tartar Sauce. Garnish with lemon slices and parsley.

FISH SAUTE.

Follow above recipe for preparing fish, or use corn meal instead of cracker crumbs. Cook in hot iron skillet in a small quantity of hot salt pork fat. If portions of fish are thin it will require from ten to twelve minutes; if thick fifteen to twenty minutes. The length of time for cooking fish does not always depend upon the size and weight of the fish as upon the amount of surface exposed to the hot fat. They should be browned richly in the first part of the process, then the heat reduced, and cooked the required length of time.

BROILED FINNAN HADDIE.

Select carefully a thick fish. Wipe with a piece of cheese cloth wrung from cold water. Brush fish over with melted butter. Place on a well greased broiler and broil until both sides are browned. Remove from broiler to dripping pan, cover with boiling water, let stand in the oven or on back of range where water will not boil fifteen or twenty minutes. Drain and place on hot serving platter and spread with Maitre d'Hotel Butter. Sprinkle lightly with salt and pepper.

BROILED SALT MACKEREL.

Wash thoroughly a carefully selected salt mackerel. Put to soak skin side up in water to cover over night. Drain and dry with a crash towel. Brush over with melted butter or olive oil and broil in a well greased broiler, skin side down. Baste twice with melted butter or oil. Remove to hot serving platter and pour over one-half cup hot thin cream. Sprinkle with pepper and finely chopped parsley. Serve with steamed or baked potatoes.

SALT MACKEREL COOKED IN MILK.

In selecting a salt mackerel endeavor to find one that is not too fat and the flesh thick. Soak mackerel, skin side up, in cold water to cover, over night. In the morning drain and place in a granite dripping pan that it may lay flat. Cover with fresh sweet milk. Be sure milk is fresh, as the salt may curdle it. Let simmer very slowly on back of range or in a moderate oven twenty-to twenty-five minutes. Drain from milk, place on hot serving platter, spread with soft butter. A small quantity of the milk may be strained over fish; if desired a thin white sauce may be made of this milk. Serve with baked, boiled or steamed potatoes.

FISH CROQUETTES.

2 cups cold cooked fish
¾ cup Thick White Sauce
½ teaspoon salt
⅛ teaspoon pepper
½ teaspoon finely chopped parsley
1 teaspoon lemon juice

Process: Flake fish with a silver fork; add seasonings and sauce. Spread on plate to cool. Shape and roll in cracker crumbs, egg and crumbs and fry in deep hot fat. Drain on brown paper; serve with Egg, Hollandaise or Tartare Sauce. Garnish with sliced lemon and parsley.

TURBAN OF FISH.

2½ cups cold baked or boiled fish
1½ cups scalded milk
4 tablespoons butter
Yolks 2 eggs
4 tablespoons flour

1 slice onion
1 blade mace or a few grains nutmeg
1 spray parsley
¾ teaspoon salt
⅞ teaspoon pepper
1 teaspoon lemon juice
¾ cup cracker crumbs

Process: Scald milk with onion, mace and parsley. Melt butter in a sauce-pan, add flour, salt and pepper. Remove seasoning from milk; add milk gradually, stirring constantly. Remove sauce to back of range, add yolks slightly beaten. Butter a baking dish; add a layer of fish, sprinkle with salt, pepper and a few drops lemon juice. Cover with part of sauce; continue until both fish and sauce are used, shaping pyramid-like in center. Cover with crumbs and bake twenty minutes in hot oven. Serve at once.

COD FISH BALLS.

Wash salted cod fish in cold water; pick up in small bits. There should be one cup of fish packed solidly. Cover with cold water and allow to soak an hour or two. Wash and pare potatoes; cut them in small pieces. There should be two and one-half cups of potatoes. Drain fish from cold water, mix with potatoes and cook together in boiling water to cover until potatoes are soft. Drain through sieve and return to sauce-pan in which they were cooked. Mash; add one-half tablespoon butter, one egg well beaten, seasoned with pepper, and salt, if necessary. Beat mixture very light with a fork. Drop by rounded tablespoonsful into the croquette basket and fry one minute in hot fat Drain on brown paper and serve.

SALMON LOAF.

1 can salmon
1 tablespoon butter
2 eggs lightly beaten
¼ cup fine bread crumbs
¼ cup cream
½ tablespoon finely chopped parsley
1 teaspoon lemon juice
Salt, cayenne-pepper

Process: Drain salmon from the liquor; reserve liquor. Remove skin and bones. Rub fish to a smooth paste with melted butter. Add bread crumbs, cream, parsley and lightly beaten

eggs. Season with salt and cayenne. Mix thoroughly and press mixture into a well greased decorated fish mould, or into an agate brick shaped bread pan. Cover mould with buttered paper, buttered side down. Place in a steamer and cook twenty-five minutes. Remove from mould and serve with Salmon Sauce.

SALMON SAUCE.

Strained salmon liquor
1 tablespoon melted butter
½ cup milk
1 teaspoon corn starch
5 tablespoons tomato catsup
Salt and pepper

Process: Add melted butter to strained salmon liquor. Add milk and bring these ingredients to the boiling point. Dilute corn starch with two tablespoons cold milk, adding to first mixture slowly, stirring constantly until smooth and glossy. Add tomato catsup, salt and pepper. Beat well with a wire whisk and pour around Salmon Loaf.

CODFISH IN CREAM SAUCE.

Pick scalded salt codfish in very small bits; there should be two cups. Cover with cold water and let soak several hours; drain, and press out the water. Scald two cups milk in a double boiler; when scalded thicken with four tablespoons flour, diluted with five tablespoons milk; add a few grains white pepper, and salt if necessary; stir mixture constantly to avoid lumps. Let cook twenty minutes, stirring occasionally. Re-heat codfish in sauce; just before serving stir in two eggs slightly beaten and serve immediately.

OYSTER COCKTAIL.

2 dozen Blue Points
1 tablespoon finely grated horseradish
1½ tablespoons Worcestershire sauce
2 tablespoons lemon juice
1 tablespoon vinegar
4 tablespoons tomato catsup
½ teaspoon salt
Few grains cayenne or
Few drops Tabasco sauce

Process: Clean oysters and place them in a strainer. Chill. Mix thoroughly horseradish, vinegar, lemon juice, Worchester-

shire sauce, tomato catsup, salt and Tabasco. Chill. Place five oysters either in a cocktail glass, lemon, orange or tomato cups. Cover generously with sauce, or oysters may be placed on the half shell on a bed of crushed ice and cocktail mixture placed in either one of the above named receptacles and served in this fashion. Little neck clams may be substituted for oysters.

SCALLOPED OYSTERS.

1 quart select oysters
½ cup melted butter
1 cup cracker crumbs
1½ cup bread crumbs
2 tablespoons oyster liquor
2 tablespoons milk or cream
Slight grating of lemon peel
Salt and pepper

Process: Melt the butter in a sauce-pan, add to bread and cracker crumbs well mixed. Toss lightly with a fork. Sprinkle the bottom of buttered baking dish with buttered crumbs and cover with a layer of oysters. Sprinkle with salt, pepper and a slight grating of lemon peel. Add one tablespoon each of oyster liquor and milk. Cover with more crumbs. Repeat and cover top with buttered crumbs. Bake twenty minutes in a hot oven. Garnish with toast points and parsley. More moisture may be added if necessary.

OYSTER PIE.

Cover an inverted deep pie pan with rich pastry, rolled to one-eighth inch thickness; prick with a fork all over, that it may rise evenly while baking. Place pie pan on a baking sheet to prevent the edges from touching the bottom of the oven. Shape a cover one-quarter inch thick, a little larger than the top of pie pan, as it will probably shrink a trifle in baking. Place on Russia sheet. Chill and then bake about twenty minutes. When done, remove paste from dish, and set in place on the serving dish. Fill with a quart of oysters drained, plumped in their own liquor. Re-heat in 1½ cup hot cream sauce, highly seasoned with salt, pepper, celery salt, or a few grains of nutmeg. Place cover on pie. Garnish serving platter with parsley and serve. May be served as the fish course.

CREAMED OYSTERS.

Pick over, wash and clean one quart of oysters. Reserve the liquor. Put liquor into a sauce-pan, bring to boiling point strain. Plump the oysters and put them into a warm sauce-pan. Melt four tablespoons butter in a sauce-pan; and add four tablespoons flour, one cup oyster liquor, one cup thin hot cream or milk. Stir until smooth and glossy. Season well with salt, pepper, a few grains of nutmeg or celery salt. Pour over hot oysters and serve in puff paste patty shells, or crustades of bread.

FRIED FROGS' LEGS.

Trim and clean the desired number of frogs' legs. Make a small incision near the foot and draw the opposite foot through this incision. Sprinkle with salt and pepper; dredge with flour, dip in egg, fine cracker crumbs and fry four minutes in deep hot fat. Drain on brown paper and serve with Sauce Tartare.

FRIED SOFT SHELLED CRABS.

Clean crabs; remove sand bag and spongy substances under the soft shell. Sprinkle with salt and pepper; dredge with flour, dip in egg and fine cracker crumbs. Place in croquette basket; fry in deep hot fat until richly browned. Drain on soft brown paper. Fry one at a time unless very small. They should be turned once while cooking. Serve with Sauce Tartare.

CHAPTER X.

MEATS.

BEEF STEW WITH DUMPLINGS.

3 lbs. beef from round, chuck or flank with bones.
4 cups potatoes cut in ¼-inch slices
Carrot, Turnip } ¾ cups each cut in 1-inch cubes
Cold water
1 onion sliced
¼ cup flour
2 small red pepper pods
Salt, pepper

Process: Wipe meat and bones with a piece of cheese cloth wrung from cold water. Remove meat from bones cut in 2 inch cubes, sprinkle with salt and pepper and dredge with flour. Remove some of the marrow from the bone or cut some of the fat in small dice; try it out in frying pan; remove scraps, add meat, toss and turn it constantly until richly browned all over. Remove to kettle and rinse frying-pan with boiling water to retain all the meat juices; add to meat; add remaining fat and bones sawed or broken in pieces. Cover with boiling water; boil five minutes; skim; reduce heat and let simmer until meat is tender (3 to 4 hours). Add carrots, turnip, onion and pepper pods the last hour of cooking. Parboil potatoes five minutes and add to stew fifteen minutes before removing from range. Remove fat and bones; skim again if necessary. Dilute flour with enough cold water to pour; add to stew, stirring constantly but gently until liquor is thickened. Turn into a deep hot serving platter; surround with dumplings; sprinkle all with finely chopped parsley or paprika.

DUMPLINGS FOR BEEF STEW.

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
½ tablespoon butter
¾ cup milk

Process: Sift dry ingredients together; rub in butter with tips of fingers; add milk gradually, using a knife for mixing; drop from tip of spoon close together on top of stew. Cover kettle with a crash towel, place on cover and steam fifteen minutes.

RIB ROAST OF BEEF.

Select the first five or the first two ribs of the fore quarter; bone and roll it, having the string surround it several times, or use skewers; rub with salt, sprinkle with pepper and dredge with flour. Try out some of the fat in a skillet; when very hot, sear roast over entire surface, turn often until browned; place on rack in dripping pan; add dripping, sprinkle again with flour and when flour is brown, reduce heat and baste with dripping in pan every ten minutes. Allow one hour and ten minutes for a five-pound roast if liked rare; if well done, one and one-half hours.

BROILED STEAK.

Wipe steak with a piece of cheese cloth wrung from cold water. Trim off superfluous fat. Remove bone and skewer meat together. Grease thoroughly the broiler with some of the fat; place meat on broiler and broil under the gas flame, turning every ten seconds for the first two or three minutes of cooking to sear surface well over, thus preventing the escape of juices. After which reduce heat and turn occasionally until richly browned on both sides. Steaks one inch thick will require from eight to ten minutes if preferred rare, twelve to fifteen minutes if well done. Steaks two to two and one-half inches thick will require from fifteen to eighteen minutes for cooking if liked rare; if well done twenty minutes. Remove to hot serving platter; sprinkle with salt, pepper; spread with butter or Maitre d' Hotel Butter.

HAMBURG STEAK.

1 pound round steak — ¾ teaspoon salt
2 tablespoons grated onion — ⅛ teaspoon pepper
White of one egg.

Process: Remove superflous fat and stringy portions; pass meat through the meat chopper. Add remaining ingredients; the egg should be slightly beaten and added last; it holds the meat together while cooking. With the hands shape the meat in uniform size flat cakes. Be sure the cakes are as thick on the edges as in the center. Saute in a hissing hot iron skillet well greased with some of the fat tried out or in hot salt pork fat. Brown on one side, turn and brown on the other; serve with brown or tomato sauce and place the half of a broiled tomato on each cake.

CORNED BEEF HASH.

2 cups cold cooked corned beef finely chopped
2 cups cold boiled potatoes finely chopped
Milk or stock
Salt and pepper
Clove of garlic

Process: Remove skin, fat and gristle; from corned beef; chop in chopping bowl. Boil potatoes in their jackets, peel and chop them fine. Toss meat and potatoes together, mixing thoroughly; season highly with salt and pepper. Turn into a well buttered spider or baking dish. Moisten with milk or stock; spread evenly if cooked in spider; let cook slowly until well browned underneath; fold as an omelet on a hot serving platter; garnish with poached eggs or serve with Hollandaise Sauce. A clove of garlic may be placed in center of hash while cooking and removed just before folding. If hash is cooked in baking dish in the oven, let it cook slowly until browned over top. Serve in baking dish.

DRIED BEEF IN CREAM.

½ lb. smoked dried beef cut in thin slices
1½ cups scalded milk or thin cream
2 tablespoons flour
2 tablespoons butter or bacon fat

Process: Remove the skin and stringy parts, and mince in small pieces; cover with boiling water; let soak ten minutes; drain. Dilute flour with sufficient water to pour; beat to a smooth paste; add hot milk gradually while stirring briskly.

Cook in double boiler fifteen minutes. Melt butter in a spider, add beef and toss until slightly browned. Add thickened milk and stir until thoroughly blended; serve in a potato border.

DELICIOUS BEEF PIE.

Line the bottom and sides of a well buttered baking dish with hot, highly seasoned mashed potatoes, to which add two tablespoons finely chopped onion or chives; over this, place a thick layer of left-over roast beef cut in small pieces; season with salt, pepper, onion juice, one tablespoon Worcestershire sauce, moisten with Brown Sauce and cover with a layer of potato mixture; ornament rim of dish with some of the mixture forced through a pastry bag and star tube. Brush over lightly with beaten egg. Bake in a hot oven until mixture is thoroughly heated and potato is delicately browned.

BEEF CROQUETTES.

1¾ cups finely chopped left-over roast beef or steak
¾ teaspoon salt
¼ teaspoon pepper
1 tablespoon Worcestershire sauce
Few drops onion juice
1 teaspoon finely chopped parsley
Brown Sauce

Process: Remove all fat and gristle from cold roast beef or steak. Chop fine and add ingredients in the order given; moisten with thick Brown Sauce (made by increasing the quantity of flour called for in the recipe for Brown Sauce to one-half cup). Shape in cones, dip in crumbs, egg and crumbs and fry in deep hot fat. Serve with Brown, Tomato, or Creole Sauce.

CREOLE CROQUETTES.

Chop the flank ends of porter-house steaks fine (there should be one cup packed solidly). Add one-fourth cup uncooked rice, season highly with salt, pepper and a few grains of cayenne. Wrap one rounded tablespoon of this mixture in cabbage leaves which have been previously parboiled two minutes. Simmer

one hour in Tomato Sauce No. II; basting three or four times. Cover closely while cooking.

MUTTON AND LAMB.

BOILED LEG OF MUTTON.

Select a good quality of fat, fine grained mutton of a bright pink color; fat should be creamy in color, firm and flaky. Remove the meat from the paper, wipe with a piece of cheese cloth wrung from cold water, place in kettle and add boiling water to cover. Bring quickly to the boiling point and cook five minutes; skim, and reduce heat to simmering point; cover closely and cook until tender; the last hour of cooking add one tablespoon salt. Serve on a bed of steamed rice garnished with parsley and currant jelly. Pass caper sauce.

MUTTON WITH CURRANT JELLY SAUCE.

2 tablespoons butter
2½ tablespoons flour
¼ teaspoon salt
⅛ teaspoon pepper
1 cup Brown Stock
5½ tablespoons currant or wild plum jelly
2 tablespoons sherry wine
Slices cold cooked mutton

Process: Melt butter and brown richly in a sauce-pan; add flour and continue browning; add seasoning and stock slowly, stirring constantly; beat the jelly with a fork and add to sauce; when melted add mutton; simmer gently until mutton is heated thoroughly; add wine. Dispose mutton on a platter and pour over sauce. Left-over gravy may be used instead of making Brown Sauce.

MUTTON CHOPS.

Chops should be cut at least one inch thick; trim off superfluous fat and place on a well greased broiler, using some of the mutton fat. Place chops on broiler under the gas flame sufficiently far from flame that the chops will not come in contact with the flame. Turn chops every ten seconds for the first five minutes until well seared. Then turn occasionally until well cooked on both sides. Reduce the heat and finish

cooking. Chop one inch thick should cook fifteen minutes. Arrange on hot serving platter spread with soft butter; sprinkle with salt and pepper. Serve with Currant Jelly Sauce.

BRAZED STUFFED LEG OF LAMB.

Order a leg of lamb boned at the market, if it cannot be boned at home. Remove from paper; wipe with a piece of chees cloth, wrung from cold water; stuff and truss into shape; place in a Dutch oven; cook five minutes in one-third cup of meat drippings or butter. A large slice each of carrot, onion, finely chopped and a small bay leaf, a sprig each of thyme, marjoram and parsley. Turn the meat several times that the surface may be well seared; add three cups of hot brown stock or water, one-half tablespoon salt, one-half teaspoon pepper corns; pour this mixture over lamb; cover close and cook slowly from two and one-half to three hours. Uncover the last half-hour of cooking to finish browning. Remove from pan to hot serving platter; strain stock from pan. There should be two cups of this stock, which may be used for making a brown sauce.

CRACKER STUFFING FOR LAMB.

1 cup cracker crumbs
¼ cup butter
½ cup boiling water
½ teaspoon salt
⅛ teaspoon pepper
½ teaspoon poultry seasoning
½ teaspoon finely chopped parsley
Few drops onion juice

Process: Crush the crackers into coarse crumbs. Melt butter in boiling water; add slowly to crumbs while tossing them lightly with a fork; sift in seasoning, add parsley and onion juice. Mix well and fill boned leg of lamb.

LAMB CHOPS.

Trim the desired number of chops rather close, scraping the bone French fashion; wipe and bat into shape with a chop bat or cleaver wet in cold water; place on a well greased broiler under the gas flame; sear quickly over; turn each chop and sear the other side. The surface should be well done, then the heat

may be reduced and the chops cooked until well done. Lamb being an immature meat, requires thorough cooking. It may be necessary to baste the chops with melted butter or drippings twice during the process of broiling. Sprinkle both sides with salt and pepper; dispose on hot serving platter. Cover the tips of the bones with paper frills, having one chop overlap another; surround with green peas or rosette of mashed potatoes, puree of peas or chestnuts.

LAMB CROQUETTES.

1 cup cold cooked lamb finely chopped
¼ cup cold boiled potatoes finely chopped
2 tablespoons butter
1 slice onion finely chopped
4 tablespoons flour
1 cup stock
1 teaspoon parsley finely chopped
Salt and pepper
Left-over peas

Process: Cook onion in butter five minutes; remove onion. Add flour and stir to a smooth paste; add stock gradually, stirring constantly; add meat, potato, salt and pepper; simmer gently until meat and potato is blended with sauce. Spread mixture on a plate to cool. Divide the mixture into equal parts (this quantity will make seven croquettes).

Take up a portion of the mixture and make a depression in center; put in a teaspoon of left-over cream peas; enclose peas carefully; shape, dip in crumbs, egg and crumbs again. Fry in deep hot fat. Drain on brown paper and serve with Sauce Bearnaise.

VEAL.

ROAST VEAL.

The leg, cushion (fricandeau) and loin are the choicest cuts for roasting. If the leg is to be roasted, have it boned at the market. See that the bones are sent with the roast, as they will furnish stock for sauce. Wipe meat with a piece of cheese cloth wrung from cold water; sprinkle with salt, pepper and dredge with flour truss in shape. Place on rack in dripping pan or on thin slices of fat salt pork; surround meat with strips

of salt pork. Bake three to four hours in a very moderate oven, basting often the first thirty minutes with one-fourth cup butter melted in three-fourths cup boiling water, afterward with the dripping in pan. If not sufficiently brown place meat under the gas flame a few moments, basting often until the desired color. Remove from pan to serving platter; surround with stuffed tomatoes. Serve with Brown Sauce.

VEAL STEW WITH NOODLES.

Wipe a three-pound piece of veal cut from the shoulder into uniform pieces for serving; there should be some bones. Place bones in kettle, add one-half pound salt pork cut in thin slices cut slices into strips; add one small onion sliced, six slices of carrot, one stalk celery broken in pieces, one-half teaspoon pepper corns, one-half bay leaf, two sprigs thyme, one tablespoon salt, six cloves.

Cover with boiling water; let simmer until meat is tender. Remove meat from liquor; strain the latter and slightly thicken with flour diluted with cold water. Sauce should be smooth and creamy. Add noodles and let simmer twenty minutes. The noodles will thicken liquor somewhat.

Drain noodles from sauce; arrange in center of serving platter; dispose meat around noodles and pour sauce over; sprinkle with paprika or finely chopped parsley.

BREADED VEAL CUTLETS.

Wipe a slice of veal cut from the leg one and one-half inches thick. Separate in uniform pieces for serving. The long irregular muscles may be rolled and fastened with a small buttered wooden skewer (toothpick). Sprinkle with salt, pepper and dredge with flour. Dip in egg, and fine cracker or bread crumbs; saute a rich brown on both sides in hot salt pork fat, or equal parts of pork fat and butter. Pour over cutlets two cups of Brown or Tomato Sauce; let simmer until cutlets are tender. The veal may be cooked in boiling salted water until tender, then cut in cutlets, crumbed, and sauted. Use the water in which veal was cooked for stock in making the sauce.

Dispose on hot serving platter and strain sauce around cutlets; garnish with broiled tomatoes and parsley.

VEAL CROQUETTES.

2 cups cooked veal finely chopped
½ teaspoon salt
⅛ teaspoon pepper
Few grains cayenne
Few drops onion juice
1 teaspoon finely chopped parsley
Yolk of one egg
1 cup thick Veloute Sauce

Process: Mix the ingredients in the order given; moisten with sauce. Spread mixture on a plate to cool. Shape, crumb and fry as other croquettes. Serve with Creole Sauce.

CALF'S LIVER WITH BACON.

Pan broil the bacon (see page 73); cut the liver in slices one-half inch thick. Cover with boiling water; let stand five minutes; drain and wipe dry. Dip each slice in bacon fat, sprinkle with salt, pepper and dredge lightly with flour; saute a delicate brown in hot bacon fat; turn and brown evenly. Serve with crisp bacon.

FRIED SWEETBREAD CUTLETS.

Parboil one pound of sweetbreads in salted acidulated water to cover twenty minutes, drain and dry; cut in uniform slices, dip in crumbs, egg and crumbs and fry in deep hot fat. Serve with Hollandaise or Sauce Tartare. Garnish cutlets with French peas, stringless beans, or asparagus spears. These cutlets may be sauted in bacon fat and garnished with crisp bacon.

CALF'S BRAIN FRITTERS AND BATTER.

1 pair calf's brains
3 cloves
2 slices onion
½ small bay leaf
Salt, vinegar, boiling water

Process: Clean brains, and cook twenty minutes in boiling salted acidulated water; to which add cloves, onion and bay leaf; remove from range and let cool in the water in which

they were cooked. Drain, and dry between towels; cut in small pieces.

FRITTER BATTER.

¾ cup flour
1 teaspoon baking powder
¼ teaspoon salt
Few grains pepper
1 egg well beaten
5 tablespoons milk

Process: Sift first four ingredients together, add egg and milk slowly, beating constantly; when the batter is perfectly smooth add brains. Place six small muffin rings in a frying pan; fill to one-fourth its depth with lard; when fat is smoking hot, fill rings two-thirds full of mixture. Cook on one side; with a spatula turn and cook on the other. Serve with Sauce Galli.

SAUCE GALLI.

4 tablespoons butter
½ tablespoon lemon juice
1 slice onion
Bit of bay leaf
2 tablespoons green pepper, finely chopped
1 tablespoon Worcestershire sauce
1 cup thick tomato puree
1 small clove garlic
3 cloves
Salt and cayenne

Process: Cook onion, garlic, bay leaf, and cloves with tomato, until tomato is well reduced; rub through strainer; there should be one cup pulp. Brown butter richly; add tomato pulp, Worcestershire sauce, lemon juice, green pepper previously parboiled ten minutes, salt and cayenne.

PORK.

ROAST LOIN OF PORK.

Select loin of little pig. Have it trimmed at the market. Reserve the trimmings; wipe the pork and dredge with salt and pepper; place on rack in a dripping pan and dredge the meat with flour. Bake in a moderate oven from 3 to 4 hours, basting each ten to fifteen minutes with fat in the pan. The pork may be dredged with flour twice during the process of cooking, which gives it a rich brown crust when done; serve with glazed sweet potatoes and baked apples.

PORK CHOPS.

Have chops cut three-fourths of an inch thick; wipe them and sprinkle with salt, pepper, and dredge with flour. Try out some of the fat trimmings in a frying pan; remove scraps and brown chops richly. Drain off some of the fat, reduce the heat and cook slowly until chops are tender. Serve with apple sauce, fried or baked apples.

BRAISED PORK TENDERLOIN WITH PUREE OF SWEET POTATOES.

Split two medium sized tenderloins lengthwise, trim into shape, sprinkle with salt, pepper and dredge with flour. Sauté quickly in hot salt pork fat. Drain off some of the fat; add one and one-half cups brown stock, a small bit of bay leaf, three slices carrot, one blade celery cut in small pieces, one slice onion, a sprig of parsley, two cloves, half teaspoon pepper corns and salt; cover closely and let simmer until meat is tender. Remove tenderloins to hot serving platter; strain liquor in pan; make a brown sauce of this stock. Prepare a sweet potato puree; arrange a mound of it in the center of a chop platter; dispose the richly browned tenderloins around this, placing them upright at equal distance apart; then force some of the puree through a pastry bag with star tube between each fillet, beginning at top of mound; bring gracefully down between each to the edge of platter. With a little practice this decoration may be made perfect. It is both simple and showy.

SAUSAGE WITH APPLE RINGS.

Prick each link with a fork in several places to prevent skins from bursting. Cover with boiling water and let simmer fifteen minutes; drain and dredge lightly with flour and brown in oven or over simmer burner. Make a syrup of one cup of sugar and one-half cup water cooked together five minutes with a thin piece of lemon rind. Wipe, pare and core three or four fine flavored tart apples; cut them in thick rings; cook them carefully in the syrup until soft but not broken. Drain

from syrup and dispose them around the sausage arranged in a pyramid in center of platter.

BAKED HAM.

Select a thick ham weighing fourteen pounds. Soak over night in sweet cider or equal parts of sweet cider and cold water. In the morning drain, wipe dry, scrape and trim if necessary. Prepare a thick dough by mixing flour and water together, roll out to one-half inch thickness and enclose ham in it. Wet the edges of the dough and press them firmly together. Place ham in a large dripping pan and bake slowly in a moderate oven four to five hours; remove from oven; break off shell and skin the ham; trim off ragged portions; sprinkle fat side thickly with one cup of fine bread crumbs and one-half cup of soft brown sugar; stick with cloves in diagonal rows one inch apart; return ham to oven and brown richly. Slip a paper frill on the knuckles, garnish with lemon and serve on a bed of parsley.

PAN BROILED HAM WITH EGGS.

Trim and wipe a slice of ham cut one-fourth inch thick; place ham in frying pan; cover with lukewarm water; let stand on side of range thirty minutes; drain and wipe with a crash towel. When pan is hissing hot lay in ham; brown quickly first on one side, then turn and brown the other. Remove to serving platter. Break the desired number of eggs in a saucer one at a time and slip them carefully into the tried out ham fat. Cover them with boiling water, place the cover on the pan and let eggs poach until whites are firm. Arrange eggs around ham; sprinkle with salt and pepper. Serve at once.

PAN BROILED BACON.

Cut the bacon in slices as thin as paper; this can be easily accomplished if the side of bacon is very cold and the knife is thin, sharp and hot. Cut the slices down to the rind; then run the knife under the slices. Keep sharp edge close to the rind while cutting. Arrange the slices in a hissing hot frying pan;

as soon as they become transparent begin to turn them; in a minute they may be removed to drain on brown paper.

SALT PORK, COUNTRY STYLE.

Select fat salt pork streaked with lean; cut in slices one-third of an inch in thickness; cover with boiling water; drain and dredge each slice with flour, first on one side and then on the other; place at once in a well-greased, hissing hot frying pan; let cook slowly until richly browned, turning that both sides may be browned evenly; drain on soft paper. They should be well cooked. Drain off part of the fat in the pan and sauté peeled, cored and sliced apples in this fat, turning often that each side may be richly browned. Arrange pork on serving platter and surround with the fried apples.

BOSTON BAKED BEANS.

Wash and pick over one quart pea beans, cover with fresh cold water and soak over night. Then drain; cover with fresh water; bring slowly to the boiling point; let simmer until skins will crack, which may be tested by taking a teaspoon of beans and blowing on them; if the skins burst the beans are sufficiently cooked. Discard the beans thus tested. Drain beans; throw away water. Scald rind of one pound salt pork; scrape; remove two one-fourth inch slices; lay these in the bottom of bean pot; peel and slice one medium sized onion over pork. Score the rind of remaining pork every half inch, making incisions one inch deep. Put beans in pot; bury pork in them, leaving only rind exposed. Mix in a bowl one tablespoon salt, one tablespoon molasses, two tablespoons sugar, one cup boiling water and pour over beans; fill up bean pot with boiling water until water bubbles up among the beans. Cover bean pot and place in oven. Bake slowly six or eight hours; remove cover the last half hour of cooking to brown beans and crisp the pork rind. When necessary add more water. Serve with steamed Boston brown bread.

CHAPTER XI.

POULTRY AND GAME.

ROAST TURKEY.

Select a plump ten-pound young turkey, dress, clean, stuff, and truss; place it on thin slices of fat pork laid in the bottom of dripping pan; rub the entire surface with salt, sprinkle with pepper and spread with the following paste:

Cream one-third cup butter; add slowly while stirring constantly one-fourth cup flour. Spread this mixture over wings, breast, and legs; place in a hot oven and brown delicately. Turn and brown back of turkey; then turn breast-side up; continue browning and basting every ten minutes until bird is evenly browned. Add two cups water to fat in pan; continue basting every fifteen minutes until bird is tender, which may be determined by piercing leg with a small wooden skewer. It will require from three to three and one-half hours, depending upon the age of the bird.

For first basting after the turkey is delicately browned, use one-half cup butter melted in one cup of boiling water or the same quantity of turkey fat. If the turkey is browning too rapidly, cover with a piece of heavy paper well buttered; placed over turkey buttered side down. Remove the skewer and strings used in trussing before placing on serving platter.

GRANDMA'S BREAD STUFFING.

Remove the crust from two small bakers' loaves; slice and pick in small bits; season with one-half teaspoon pepper, two and one-half teaspoons salt, one-half teaspoon powdered sage, and one medium sized onion finely chopped; mix well, using two forks; melt two-thirds cup of butter in three-fourths cup of boiling water; add to first mixture; toss lightly with the forks; add two eggs slightly beaten, mix well and fill body and

breast of turkey, putting sufficient in the latter to give the bird a plump appearance. If bread is very stale, more moisture may be added.

MINCED TURKEY WITH POACHED EGGS.

To one cup of cold roast turkey, chopped moderately, add one-half cup of stuffing finely chopped. Moisten with a sauce made by melting two tablespoons butter in a sauce-pan; brown well; add two and one-half tablespoons flour; continue browning. Add one cup of stock (made by cooking skin and bones of a roast turkey); season with salt, pepper and onion juice. Re-heat turkey and stuffing in sauce. Serve on circles of toast with a poached egg placed in center of each; garnish with sprays of parsley.

ROAST CHICKEN.

Follow the instructions given for roast turkey.

CHICKEN SAUTÉ.

Remove pin feathers, clean, singe, and disjoint two young chickens; dip them quickly into cold milk; drain; sprinkle with salt, pepper, and dredge thickly with flour, having as much flour cling to the chicken as possible; cut one pound fat salt pork into one-fourth inch cubes; try out in frying-pan; remove scraps; cook chicken slowly in fat until well browned and tender. Serve with a Cream Sauce and Corn Fritters.

BROILED CHICKEN.

Remove pin feathers, singe, wipe, and with a sharp pointed knife begin at the back of neck, making a clean cut through backbone the length of bird. Press open and remove entrails; remove ribs from each side of backbone, also breast bone; clip the tendons at the joints; brush over with melted butter and sprinkle with salt and pepper; place in a well greased broiler; broil twenty minutes under the gas flame; watch carefully and turn bird so that all parts may be equally browned; the flesh side must be exposed to the flame a greater part of the time as the skin side browns much more rapidly than the opposite

side; reduce flame, cover closely and let bird steam ten to fifteen minutes according to age and size of the bird. In this way the meat at the joints is thoroughly cooked. Remove to hot serving platter and spread with Maitre d' Hotel Butter. Chickens are so often burned during the process of cooking that many prefer to partially cook them in the oven. This is unnecessary if the bird is carefully watched while broiling. If, however, one prefers to use the oven the chicken may be placed skin side down in a well greased dripping pan; sprinkle with salt and pepper; baste with melted butter and bake twenty to twenty-five minutes in a hot oven. The initial heat should be very hot. After bird is richly browned the heat may be reduced, the bird covered and allowed to simmer until tender. Sometimes the bird is browned after cooking by placing beneath the gas flame for a few moments.

BOILED FOWL.

Stuff and truss a four pound fowl, tie in a square of cheese cloth, to prevent scum from settling on bird, place on a trivot in a stock pot or large kettle and cover to half its depth with boiling water; add one small onion sliced, six slices of carrot, three outside stalks of celery cut in inch pieces, one-half teaspoon peppercorns, one-half bayleaf, two sprigs of thyme and one sprig of parsley. Cover and cook slowly until tender; keep water just below boiling point; turn occasionally; add one and one-fourth tablespoons of salt the last hour of cooking. Drain from liquor; remove cheese cloth, skewers and trussing; place in a border of spaghetti and serve with Oyster or Celery Sauce or Sauce Soubise.

STUFFING FOR BOILED FOWL.

Cook two cups spaghetti broken in one inch pieces in two quarts of boiling salt water until tender; drain, blanch, and season with salt, pepper, two tablespoons butter, one-half teaspoon finely chopped parsley and one small onion finely chopped; fill the fowl with above mixture; truss neatly as for roasting.

ROAST GOOSE.

After trussing, place the goose on a rack in a dripping pan; sprinkle with salt; cover the breast with thin slices of fat salt pork, and place in the oven. Cook three-quarters of an hour, basting often with the fat in the pan. Then remove pan from oven and drain off the fat. Remove the slices of pork; sprinkle again with salt; dredge with flour, and return to oven. When the flour is delicately browned, add one cup boiling water and baste often—add more water when necessary. Sprinkle lightly with salt and again dredge with flour. Cook until tender; from one and a half to three hours, according to the age of bird. If you have a very young goose, it is infinitely better to steam or braise it until tender, then dredge it with salt, flour and brown it richly in the oven. Serve on a bed of cress, garnished with baked Snow or Jonathan apples.

POTATO AND NUT STUFFING FOR ROAST GOOSE OR DOMESTIC DUCKS.

4 cups hot mashed potatoes
2½ tablespoons finely chopped onion or chives
1 cup English walnut meats chopped moderately
½ teaspoon paprika
1¼ teaspoon salt
½ cup cream
2 tablespoons butter
Yolks of 4 eggs
1 teaspoon sweet herbs if the flavor is desired

Process: Mix the ingredients in the order given and fill the body of the goose.

BROILED SQUAB.

Select plump squabs; split them lengthwise of the back through to the breast. Remove the entrails; clean thoroughly; wipe dry with a crash towel.

Spread with melted butter, or cover them with thin slices of bacon; place them in a hot oven fifteen minutes. If not sufficiently brown, finish cooking them under the gas flame. Serve

on slices of toast, delicately moistened with some of the strained dripping in the pan. Spread each with Maitre d'Hotel Butter and garnish with sprigs of parsley.

BRAISED QUAIL.

Dress and clean the desired number of fat quails. Replace the heart and liver in each and truss into shape. Wrap each bird in a thin slice fat salt pork; put them in a Dutch oven or a patent roaster just large enough to hold them. Season highly with salt, pepper and cayenne; add sufficient hot stock or boiling water to cover them. Cover closely and place in hot oven and cook ten minutes after they begin cooking. Remove the quails; also the pork; wipe the birds and spread them with butter paste and finish roasting in the oven, basting them with butter melted in hot water same as turkey. Reserve the stock in which they were cooked to prepare sauce. Serve with currant jelly sauce or cold currant jelly.

ROAST WILD DUCK.

Dress and clean a brace of wild ducks; truss same as goose; place on rack or on thin slices of fat salt pork laid in bottom of dripping pan; sprinkle with salt and pepper; cover breast with very thin slices of fat salt pork; bake thirty to thirty-five minutes in a very hot oven, basting every five minutes with dripping in pan. Remove strings and skewers; place birds on hot serving platter and serve with Olive or Orange sauce. Wild plum, black or red currant jelly may accompany the roast duck. Domestic birds should be well cooked, requiring more than twice the time as that required for the wild birds. When cooking wild ducks, to overcome fishy flavor that they sometimes develop from their diet, apples are cored and quartered or onions are placed in the body of the bird, neither one of which is to be served when the bird is carved. If desired, the following stuffing may be used:

STUFFING FOR WILD DUCK.

2 cups cracker crumbs
1 cup English walnut meats finely chopped
1 cup thick cream
½ cup butter
1 small onion finely chopped
½ teaspoon finely chopped parsley
Salt, pepper, and cayenne

Process: Crush the crackers moderately; add nut meats, cream, butter, and onion; mix well; add parsley and seasoning. If stuffing appears too dry, add more cream or milk.

RABBIT A LA MARYLAND.

Clean and cut up two rabbits; sprinkle with salt; pepper, and dredge with flour; dip in egg and crumbs; arrange them in a well greased dripping pan and bake thirty-five minutes in a hot oven, basting after the first five minutes of cooking with one-third cup butter melted in one cup boiling water or white stock. Serve with a cream sauce and garnish with crisp bacon. If the rabbits are old, more time may be required for cooking them. They should be very tender.

CHAPTER XII.

MEAT AND FISH SAUCES.

THIN WHITE SAUCE.

2 tablespoons butter
1½ tablespoons flour
½ teaspoon salt
Few grains white pepper
1 cup scalded milk

Process: Melt butter in sauce-pan; add flour mixed with seasonings; stir to a smooth paste; add hot milk slowly while stirring constantly; bring to boiling point and beat until smooth and glossy, using a Gem egg whip. Do not allow sauce to cook after it has reached the boiling point.

WHITE SAUCE No. 2.

Prepare the same as Thin White Sauce, using two tablespoons flour, increasing flour one-half tablespoon.

THICK WHITE SAUCE.

(Basis of Croquettes and Cutlets.)

2½ tablespoons butter
5½ tablespoons flour
1 cup scalded milk
⅓ teaspoon salt
Few grains pepper

Process: Prepare same as Thin White Sauce. This sauce is very thick; therefore great care must be taken that it does not scorch.

VELOUTE SAUCE.

2 tablespoons butter
2 tablespoons flour
1 cup chicken or white stock
Salt and pepper

Process: Prepare same as Thin White Sauce.

THICK VELOUTE SAUCE.

(Used for Croquettes and Cutlets.)

2½ tablespoons butter
5½ tablespoons flour
1 cup hot chicken stock
Salt and pepper

Process: Prepare the same as Thin White Sauce, being careful not to scorch while cooking.

CHEESE SAUCE.

4 tablespoons butter
3 tablespoons flour
2 cups scalded milk
¾ teaspoon salt
⅛ teaspoon pepper
Few grains cayenne
1½ cups grated cheese

Process: Melt butter in sauce-pan; add flour; stir to a smooth paste and add milk gradually, beating constantly; add seasonings and cheese; continue stirring until cheese is melted; pour over macaroni. Serve on hot platter. Or turn into buttered baking dish, cover with crumbs and place in hot oven until crumbs are browned.

BROWN SAUCE.

4 tablespoons butter
5½ tablespoons flour
2 cups brown stock
½ teaspoon salt
⅛ teaspoon pepper

Process: Melt butter in a sauce-pan; brown richly. Add flour and continue browning, stirring constantly. Add hot stock gradually while beating briskly; add seasoning; bring to boiling point; remove from range. If these sauces are allowed to cook after they have reached the boiling point, they sometimes separate.

CURRANT JELLY SAUCE.

Prepare a rule of Brown Sauce. Add one-quarter cup currant jelly whipped with a fork until smooth. Add one tablespoon sherry wine. Serve with mutton or venison.

GIBLET SAUCE.

Drain the liquor from the pan in which the turkey was roasted. Take three tablespoons of the fat, strain through a fine sieve; add three tablespoons butter; place in a sauce-pan; brown richly; add seven tablespoons of flour and continue browning; stir to a smooth paste, being careful not to burn the mixture; pour on slowly, while stirring constantly, three cups

strained stock in which the neck, pinions and giblets were cooked; bring to boiling point and season to taste with salt and pepper. Chop the giblets very fine, first removing the tough parts of the gizzard, then re-heat in sauce.

BROWN MUSHROOM SAUCE.

1 can small button mushrooms
4 tablespoons butter
4 tablespoons flour
2 cups brown stock
½ tablespoon lemon juice
2 tablespoons sherry wine

Process: Melt the butter in a sauce-pan; brown it richly; add flour and continue browning, stirring constantly. Add brown stock gradually; continue stirring. Add lemon juice and sherry. Heat the mushrooms in their own liquor. If they are very small button mushrooms they may be used whole; if larger mushrooms are used they may be cut in quarters. Drain from the hot liquor and add them to the sauce.

CREOLE SAUCE.

Prepare a Brown Mushroom Sauce. Melt two tablespoons butter in a sauce-pan; add one green pepper finely chopped, one small onion finely chopped; cook five minutes. Add two tomatoes cut in pieces or one cup of canned tomatoes and ten olives pared from the pit in one continuous curl. Cook three minutes. Add the Brown Sauce and bring to boiling point. Add two tablespoons sherry wine. Do not strain the sauce. Serve with steaks, chops and fillet of beef.

TOMATO SAUCE No. 1.

½ can tomatoes or
2 cups fresh stewed and strained tomatoes
1 slice onion
3 tablespoons butter
3 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
3 drops Tabasco sauce

Process: Cook tomatoes and onion twenty-five minutes. Rub through a strainer. Melt butter in a sauce-pan; brown it richly. Add flour and when well browned add seasoning and tomato pulp. A few grains of soda may be added if tomatoes

are too acid. Stir until sauce is smooth and reaches the boil ing point. Serve with breaded veal, boiled beef, tongue, etc.

TOMATO SAUCE No. 2.

4 tablespoons butter
5 tablespoons flour
1 slice onion
1 small clove garlic
2 slices carrot
Small piece bay leaf
Sprig parsley
Sprig thyme
1½ cups stewed and strained tomato pulp
1½ cups brown stock
Salt and pepper
Few drops Tabasco sauce

Process: Brown the butter in a sauce-pan with onions, carrot, garlic, bay leaf, parsley and thyme. Remove seasonings. Add flour and continue browning, stirring continually. Add tomatoes, stock and seasonings. Heat to boiling point and strain.

OYSTER SAUCE.

4 tablespoons butter
4 tablespoons flour
1 cup oyster liquor
1 cup scalded thin cream or milk
2 cups oysters
Salt, pepper, celery salt

Process: Wash oysters; strain the liquor. Put liquor in sauce-pan; bring to boiling point; strain. Plump oysters; put them in a warm sauce-boat; melt butter in a sauce-pan; add flour; stir to a smooth paste; let cook one minute. Add hot oyster liquor slowly while beating constantly. Add cream or milk and stir until smooth and glossy. Season well with salt, pepper and celery salt; pour over oysters.

EGG SAUCE.

(Drawn Butter Sauce.)

5½ tablespoons butter
3 tablespoons flour
⅛ teaspoon pepper
1½ cups boiling water
⅓ teaspoon salt
3 egg yolks slightly beaten

Process: Pat butter into a circular piece; divide it equally in two parts. Melt one part in a sauce-pan; add flour mixed with salt and pepper. Stir to a smooth paste and add boiling water gradually while stirring constantly. Bring to boiling

point. Remove from range and beat in remaining butter, adding it in small bits, while beating constantly. Add egg yolks; continue beating. Do not allow sauce to boil after yolks are added. Omit egg yolks for Drawn Butter.

SUPREME SAUCE.

¼ cup butter
¼ cup flour
1½ cups chicken stock
½ cup hot cream
2 tablespoons mushroom liquor
¾ tablespoons lemon juice
Salt and pepper

Process: Melt butter in a sauce-pan; add flour and stir to a smooth paste; let cook one minute (without browning); add gradually hot chicken stock, stirring briskly. Add hot cream; continue stirring. Reduce one-third cup mushroom liquor to two tablespoons by simmering slowly; add reduced liquor to sauce; add lemon juice and season to taste with salt and pepper. Lemon juice may be omitted and a few grains of nutmeg added. Whip sauce until smooth and glossy.

BECHAMEL SAUCE.

1½ cups highly seasoned chicken stock
¼ cup butter
¼ cup flour
¾ cup scalded thin cream
½ teaspoon salt
⅛ teaspoon pepper
Few grains nutmeg
Yolks 3 eggs

Process: Melt butter in a sauce-pan; add flour mixed with seasonings; stir to a smooth paste and let cook one minute. Then add hot stock, stirring constantly. Add hot cream; continue stirring. Beat yolks of eggs slightly; dilute with some of the hot sauce. Combine mixtures; beat again but do not allow the sauce to boil after adding egg yolks.

White Bechamel Sauce is made by omitting yolk of eggs.

SAUCE SOUBISE.

2½ cups sliced onions
1 small clove garlic
1 cup Veloute Sauce
½ cup hot cream
½ teaspoon salt
⅛ teaspoon pepper

Process: Cover onions and garlic with boiling water; boil five minutes; drain and cover again with boiling salted water and let cook until tender. Rub through a puree strainer. (There should be one cup pulp.) Bring sauce to boiling point; add onion and hot cream; add salt and pepper. Garlic may be omitted.

HOLLANDAISE SAUCE.

½ cup unsalted butter
Yolks 2 eggs
¾ tablespoon lemon juice
¼ teaspoon salt
Few grains cayenne
¼ cup hot water

Process: Work the butter with the hands in a bowl of cold water until it is of a "waxy" consistency. Divide it into three pieces of equal size. Put one part in a sauce-pan with the yolks of eggs and lemon juice; place sauce-pan in a larger pan containing hot water; stir constantly with a Gem egg whip until butter is blended with the yolks; add the second piece of butter and as sauce thickens add the third piece. At this point in the process the mixture should be the consistency of boiled custard. Add hot water slowly, and seasoning, beating constantly. The water in the largest sauce-pan should be kept just below the boiling point.

SAUCE BEARNAISE.

Prepare a rule of Hollandaise Sauce, using Tarragon vinegar instead of lemon juice and add one teaspoon each of finely chopped parsley, capers and fresh Tarragon. Serve with lamb croquettes, chops, steaks, broiled birds, smelt and boiled salmon, cod or haddock.

MINT SAUCE.

Chop one bunch of mint fine; add one-fourth cup boiling water, two tablespoons of sugar, and let stand thirty minutes. Then add the juice of one lemon or four tablespoons of table vinegar, half a teaspoon of salt and one-eighth teaspoon of pepper. Mix well and serve cold.

CHERRY SAUCE FOR LAMB OR MUTTON.

Cook two cups of pitted cherries in two cups of water, with six cloves and an inch stick of cinnamon, until cherries are soft. Then rub through a sieve and return pulp and juice to the range. Keep just below the boiling point. Melt two tablespoons of butter in a sauce-pan; add two tablespoons of flour; stir to a smooth paste and add cherry pulp slowly, while stirring briskly. Cook five minutes, keeping sauce just below the boiling point. Season delicately with salt and paprika; add the juice of half a lemon. Serve hot.

CHAPTER XIII.

VEGETABLES.

BOILED ASPARAGUS.

Cut off the hard parts of the stalks to the point where they will not snap. Untie the bunches; wash; cut off the scales; tie again into bunches and cook in boiling salted water twenty minutes, or until tender, leaving the tips out of the water for the first ten minutes. Drain; untie bunches and dispose in a serving dish. Dot over with soft butter, allowing two tablespoons to each bunch of asparagus. Asparagus may be cut in inch pieces for boiling; cook until tender in boiling salted water to cover, omitting the tips. They may be added the last ten minutes of cooking.

ASPARAGUS A LA HOLLANDAISE.

Cook as for boiled asparagus; dispose on slices of toast and pour Hollandaise Sauce over tips.

STRING BEANS.

With a sharp knife cut off the stem ends, remove the strings from beans, and cut in inch pieces or cut diagonally into diamond shapes. Wash and cook in boiling salted water from one to three hours, or until soft. Add salt the last hour of cooking. Sometimes one-eighth tablespoon soda is added to the water to preserve the bright green color. Drain and dot over with soft butter seasoned with salt and pepper or serve in Thin White Sauce.

LIMA BEANS WITH CREAM.

Shell and wash lima beans. Cook in boiling water to cover until tender, adding salt the last half hour of cooking. Cook in as little water as possible that there may be none left to

drain off when beans are cooked. Dot over with butter and season with salt and pepper. These beans may also be reheated in Thin White Sauce.

BOILED BEETS.

Wash and cover with boiling water; cook until tender. This may require from one to three hours or more. Very old beets seem never to become tender, no matter how long they are cooked. Add water when necessary. Drain and cover with cold water that skins may be readily removed. Serve sliced or cut in dice with butter, pepper and salt, or they may be reheated in drawn butter, to which vinegar has been added (about one-fourth cup).

BRUSSELS SPROUTS.

Wash, pick over and remove all wilted leaves from sprouts. Freshen by soaking in cold water from thirty minutes to one hour. Drain and cover with boiling salted water. Cook twenty minutes or until tender. Drain; re-heat in Thin White Sauce, allowing one cup sauce to one pint sprouts. They may also be served with Maitre d'Hotel Butter.

STUFFED CABBAGE.

Remove the stalk end of a head of cabbage, leaving a hollow shell of ample size. Chop fine one and one-half pounds of round steak, with one-fourth inch slice of bacon, and one onion; add one cup of bread crumbs soaked in water to cover and wrung dry; one beaten egg. Season highly with salt, pepper, cayenne and mace; mould into balls the size of a small egg and arrange in cabbage shell; cover with shreds of green pepper and steam until cabbage is tender; dispose on serving platter and surround with tomato sauce.

CABBAGE AU GRATIN.

Cut one medium-sized head of cabbage in quarters. Cook in boiling salted water to cover until tender. Chop moderately and season with pepper, salt if necessary, and one green pep-

per or pimiento finely chopped. Cover with one and one-quarter cups Thin White Sauce; add one-third cup grated cheese. Mix well and sprinkle thickly with three-quarters cup buttered crumbs. Place on grate in oven and bake until mixture is heated through and crumbs are browned.

SPANISH RELISH.

¼ small head cabbage
½ green pepper
1 stalk celery
½ small clove garlic
1 thick slice Spanish onion
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons sugar
3 tablespoons vinegar
1 tablespoon cold water

Process: Chop the vegetables very fine; mix sugar, salt, pepper and sift into first mixture. Add vinegar diluted with cold water. Toss lightly with a fork and serve in lemon cups with raw oysters.

HOT SLAW.

Shave cabbage as fine as possible with a sharp knife, using one-half cabbage. Serve with a dressing made of: Yolks two eggs, slightly beaten; one-fourth cup cold water; three tablespoons butter; four tablespoons vinegar; few drops onion juice; one-half teaspoon salt; one-half teaspoon ground mustard; few grains pepper. Stir this mixture over hot water until it thickens to the consistency of cream; add to cabbage and allow it to heat throughout. Salt, pepper and mustard should be sifted before adding to sauce. Two tablespoons sugar may be added if desired.

CARROTS IN CREAM SAUCE.

Wash, scrape and cut young carrots into small straws, fancy shapes or tiny cubes. Cook in boiling salted water or white stock to cover until tender. Drain and re-heat in one cup Thin White Sauce. There should be two cups carrots.

CAULIFLOWER A LA BECHAMEL.

Trim off leaves; cut off stalk of a medium sized cauliflower. Soak a half hour or longer, head down, in cold salted water to

cover. Drain and cook head up, twenty-five minutes in boiling salted water or white stock, until tender. Drain and remove carefully to hot serving dish and pour over one cup yellow Bechamel Sauce. (See Meat and Fish Sauces.)

CREAMED CELERY.

Wash, scrape and cut the outside stalks of celery in one-inch pieces. Cook until tender in boiling salted water or white stock. Drain, and re-heat in one cup Thin White Sauce. There should be two cups celery.

BOILED GREEN CORN.

Remove the outer husks; strip back the inner ones. Pick out all the silky threads, fold back the husks and cook corn in boiling salted water from ten to twenty minutes, according to age of corn. Add salt last ten minutes of cooking. Drain well and serve on platter in napkin, folding the corners over the corn.

CORN FRITTERS.

1 cup canned corn
1 egg well beaten
¼ cup flour
1 teaspoon sugar
Salt and pepper

Process: Mix corn, flour, sugar; add salt and pepper to taste; add well beaten egg; beat thoroughly and drop on a well greased hot griddle about the size of N. Y. count oysters. Brown on one side; turn and brown on the other. Serve with fried chicken or chicken croquettes.

SUCCOTASH.

Cut hot boiled corn from the cob; add equal quantity of hot boiled lima beans, the latter cooked in boiling salted water or white stock. Dot over thickly with butter seasoned with salt and pepper.

SLICED CUCUMBERS.

Freshen cucumbers by allowing them to soak several hours in cold water. Remove a thick slice from both ends; pare, being careful to remove all the green rind. The paring contains

the bitter principle and should be entirely removed. Hold cucumber in the left hand firmly while you slice with a sharp knife in very thin slices, keeping the cucumber intact. Chill again by setting in a cold place closely covered. Arrange in a celery dish, placed in crushed ice and serve with French dressing.

FRIED EGG PLANT.

Pare an egg plant and cut in one-quarter inch slices; sprinkle with salt; place in a puree strainer; cover with a plate on which place a weight to press out the acrid juice. Let stand from one to two hours. Sprinkle with salt and pepper, dredge with flour and saute slowly in equal parts butter and lard until crisp and brown. Egg plants are at their best from December to February.

DANDELIONS.

Wash thoroughly, pick over carefully and remove wilted leaves and roots. Drain and cook one hour or until tender, in boiling salted water, allowing two quarts of water to one peck dandelions. Season with butter, salt and pepper and serve with vinegar and hard cooked eggs. A piece of bacon scalded and scraped may be cooked with the dandelions if the flavor of bacon is desired. Butter may then be omitted.

BOILED ONIONS.

Select onions of a uniform size. Remove the skins under cold water; drain; place them in a sauce-pan and cover with boiling water. Place on range; bring to boiling point; boil briskly five minutes. Drain, and again cover with boiling salted water. Cook until tender but not broken. Drain; add thin cream or milk; simmer five minutes, then add butter, salt and pepper.

FRIED ONIONS.

Remove skins from six medium-sized onions. Slice thinly on cabbage cutter or with a sharp knife. Melt two tablespoons butter in an omelet pan; when bubbling add onions; mix well with butter and cook slowly until delicately browned, stirring constantly and shaking the pan occasionally to prevent onions

from scorching. Sprinkle with salt and pepper just before removing from fire.

PARSNIPS IN BUTTER SAUCE.

Wash and scrape parsnips and cut in strips two inches long, one-quarter inch wide and thick. Cook until tender in boiling salted water to cover. Drain; re-heat in one cup drawn butter sauce. There should be two cups parsnips.

BOILED PEAS.

Hull peas; freshen in cold water one-half hour. Skim off bits of hull, pods and undeveloped peas that rise to top of water. Drain; cook until tender in boiling water to cover; add salt last ten minutes of cooking. There should be very little water left to drain from peas when they are tender. Dot over with butter; season with salt and pepper. One teaspoon sugar may be added to peas when cooking if they have lost some of their natural sweetness.

STUFFED PEPPERS.

1 onion finely chopped
2 tablespoons butter
4 tablespoons chopped mushrooms
4 tablespoons ham and chicken or equal parts ham and chicken finely chopped
⅓ cup Brown Sauce
3 tablespoons bread crumbs
Few grains cayenne
Salt and pepper
8 peppers parboiled ten minutes

Process: Cook onion with butter five minutes without browning. Add mushrooms, ham and chicken; cook one minute. Moisten with brown sauce; add bread crumbs and seasonings Fill peppers with cooked mixture, cover with buttered crumbs and bake in buttered gem cups in a hot oven ten minutes. Serve on rings of toast with Brown Sauce.

BOILED SPINACH.

Remove wilted leaves and roots, carefully pick over and wash in several waters, one peck spinach. Cook in sauce-pan and, if young, bring gradually to the boiling point and cook

twenty to twenty-five minutes or until tender in the water which clings to the leaves and its own juices. Older spinach is best cooked in boiling salted water, allowing two quarts boiling water to one peck spinach. Drain in colander, chop fine, return to sauce-pan and re-heat; season with butter, salt and pepper. Dispose in serving dish in mound shape; garnish with halves of hard cooked eggs arranged at base of mound with cut sides out, placing eggs close together. A thin slice may be removed from the lower edge of each half to keep it in place. The color of spinach is preserved by cooking in a large quantity of water uncovered.

BOILED SUMMER SQUASH.

Wash white round or yellow crook-neck squash. Cut in thin slices and cook twenty-five minutes in boiling salted water until tender. Turn into two thicknesses of cheese cloth placed over a sieve and drain. Wring cheese cloth by taking the ends in hands and twisting in opposite directions. When moisture is squeezed out mash squash and season with butter, salt and pepper.

BAKED HUBBARD SQUASH.

Split a Hubbard squash and cut in uniform pieces. Remove the seeds and stringy parts. Place in a dripping pan; sprinkle with salt and pepper. Add one-half teaspoon molasses or brown sugar and one teaspoon butter to each piece of squash. Bake in a moderate oven until tender. Cover the first half hour of cooking. Serve in folded napkin in the shells.

STEWED TOMATOES.

Wash, wipe and remove the skin from six medium-sized tomatoes. Cut out the stem end and cut in one-quarter pieces. Place in sauce-pan and cook slowly twenty minutes, stirring often. Add two teaspoons sugar; season with butter, salt and pepper. An eighth teaspoon soda may be added if there are objections to the acid of the tomatoes.

BAKED TOMATOES.

Select eight tomatoes of uniform size. Wash, wipe and remove a thin slice from the stem ends. Scoop out seeds and

pulp. Add to pulp an equal quantity of medium fine cracker crumbs. Season with salt, pepper, onion juice and two teaspoons sugar. Re-fill tomatoes with mixture, place in buttered baking dish, sprinkle with buttered crumbs and bake twenty-five minutes in a hot oven.

CREOLE RICE.

4 tablespoons butter
1 cup rice
3 cups highly seasoned brown stock
Canned pimientoes or red peppers

Process: Melt butter in an iron spider. Add rice and stir constantly until rice is well parched. Bring stock to boiling point; add rice and cook in a double boiler until tender. Turn on serving platter and garnish with pimientoes cut in fancy shapes and heated in their own liquor. Green or red peppers may be used if previously cooked until tender.

MASHED TURNIPS.

Wash and pare purple top turnips; cut in slices or quarters and cook in boiling salted water until tender. Drain well; mash and season with butter, salt and pepper. One or more tablespoons cream added to mashed turnips improves their flavor.

SAUTED MUSHROOMS.

Wipe one pound mushrooms with a piece of cheese cloth wrung from cold water; peel caps and remove stems. Melt four tablespoons butter in a hot omelet pan; when melted add mushrooms which have been previously dredged with flour and a drop of onion juice added to each cap. Sprinkle with salt and pepper and simmer ten minutes. Add one teaspoon finely chopped parsley, and one-fourth cup White Stock or cream. Cook two minutes and serve on circles of toast.

MASHED POTATOES.

Wash with a vegetable brush five medium-sized potatoes. Pare and cut in slices. Put in stew-pan and cover with boiling salted water. Cook until soft. Drain and pass through potato

ricer. To hot riced potato add three tablespoons butter; season with salt and white pepper; moisten with one-third cup hot milk or cream. Beat with a fork until fluffy and creamy. Reheat over hot water. Serve in hot vegetable dish; dot over with small bits of butter and sprinkle lightly with pepper. The secret of success in making mashed potatoes is to mash and season the potatoes and serve hot as quickly as possible. They become sodden when cold or allowed to stand.

MASHED POTATO A LA ELIZABETH.

To mashed potatoes add one tablespoon finely chopped chives or two tablespoons finely chopped onions, mixed well. Turn into a serving dish and make depressions here and there in the potatoes and add small bits of butter. Or force through pastry bag and rose tube into serving dish. This mixture makes a very palatable stuffing for geese and ducks.

BAKED POTATOES.

Scrub the potatoes with a vegetable brush; bake in a hot oven. The temperature should be such that will render a potatc of medium size soft in center, when pierced with a small wooden skewer, in forty to forty-five minutes. Break potatoes as soon as they are done, and press gently to allow steam to escape. This is especially necessary if the potatoes must stand any length of time; serve in a folded napkin.

POTATOES ON THE HALF SHELL.

Follow the recipe for baked potatoes and remove a thin slice from the side lengthwise of potato; scoop out the inside; prepare as mashed potatoes; return to the shell, using a pastry bag and rose tube; brush over with slightly beaten egg and return to oven to brown delicately.

POTATO CAKES.

Beat two cups of left-over mashed potatoes with a very little hot milk to lighten them. Season with a few drops onion juice, salt, pepper, one-half teaspoon parsley finely chopped,

one-fourth cup grated cheese and a few grains cayenne. Shape in small round flat cakes; dip in flour and saute in hot butter (about two tablespoons), brown on one side, turn and brown on the other. This mixture may be packed in a brick shape mould, then turned on a board and sliced, dipped in flour and sauted in butter as the round cakes.

CREAMED POTATOES.

Cut cold boiled or baked potatoes in one-fourth-inch cubes. (There should be two cups). Sprinkle with salt, pepper and one-half teaspoon finely chopped parsley; add a few drops onion juice if desired. Re-heat in one and one-half cups thin White Sauce. This mixture may be turned into a buttered baking dish, sprinkled with buttered crumbs and baked in a hot oven until mixture is heated throughout and crumbs are brown.

HASH BROWN POTATOES.

Cut fat salt pork in small pieces; try out and remove scraps; there should be four tablespoons. Heat fat in an iron spider; add two cups cold boiled potatoes finely chopped; season well with salt and pepper. Toss potatoes until well mixed with fat; cook four minutes, tossing constantly; then press to one side of the spider to form an omelet. When well browned underneath turn on a hot serving dish, top side down. This gives potatoes the appearance of a folded omelet.

LYONNAISE POTATOES.

Cook one onion thinly sliced in three tablespoons butter until delicately browned. Remove onion and keep in a warm place. Add three cups cold boiled potatoes, cut in slices; sprinkle with salt, pepper, and stir until well mixed with butter. Press to one side of spider and let brown richly underneath, then sprinkle onions over potatoes; let heat thoroughly; turn on a hot serving platter, top side down; sprinkle with finely chopped parsley. Cooking the onion separately lessens the danger of burning.

BURR OAK FARM POTATOES.

Slice four medium-sized cold boiled potatoes. Put a layer in the bottom of a well-buttered baking dish; sprinkle with a little onion juice, salt and pepper. Slice over potatoes "hard boiled" eggs; sprinkle eggs with salt and pepper. Repeat until dish is filled. Pour over two cups thin White Sauce; cover with buttered crumbs and place in oven until heated throughout and crumbs are brown.

POTATO CROQUETTES.

2 cups hot riced potatoes
2 tablespoons butter
¾ teaspoon salt
⅛ teaspoon white pepper
¼ teaspoon celery salt
Few grains cayenne
Few drops onion juice
Yolk one egg
1 teaspoon finely chopped parsley

Process: Mix ingredients in the order given; beat mixture thoroughly. Spread on plate to cool. Shape and dip in crumbs, egg and crumbs; fry in deep hot fat. Drain on brown paper. Arrange in a pyramid on a folded napkin; garnish with parsley.

GERMAN FRIED POTATOES.

Slice cold boiled potatoes one-eighth inch thick. (There should be two and one-half cups). Put four tablespoons "tried out" salt pork fat in an iron spider; when hot, add one sliced onion; cook until onion is delicately browned. Remove onion and keep warm; add potatoes; season with salt and pepper; mix thoroughly with fat, shaking the spider occasionally, when potatoes are browned; add onion; when thoroughly mixed and heated turn into hot dish and serve at once.

BOILED SWEET POTATOES.

Select the desired number of uniform sized potatoes. Scrub with a brush and cook twenty-five minutes, or until tender in boiling salted water to cover. Drain; remove skins and serve in folded napkin. Do not allow them to stand in kettle in which they were cooked without first laying a tea towel over

them, then the cover. The moisture which condenses on the cover will be absorbed by the towel and prevent potatoes from becoming sodden.

PUREE OF SWEET POTATOES.

Boil until soft, four large sweet potatoes; remove the skins and pass through the ricer. Add four tablespoons butter and hot milk or cream to moisten, season with salt, and beat until light and fluffy. Shape with a pastry bag and rose tube into roses, croustades, borders, etc.

SWEET POTATO AND NUT CROQUETTES.

Bake six medium-sized sweet potatoes. When tender, break them open, scoop out the pulp and force through a potato ricer. To two cups potatoes add one teaspoon salt, three tablespoons butter, one egg slightly beaten, one-fourth cup blanched and chopped almonds or English walnuts, and sufficient hot cream or milk to moisten the mixture. Shape into balls, apple or cork-shaped croquettes. Roll in cracker crumbs, egg and crumbs, and fry in deep hot fat; drain on brown paper. If made apple shape, make a slight depression in each and introduce a clove for the blossom end and use a sprig of parsley or an apple leaf (if in season), for the stem end.

CHAPTER XIV.

SALAD DRESSINGS AND SALADS.

FRENCH DRESSING No. 1.

½ teaspoon salt
¼ teaspoon pepper
Few grains cayenne
6 tablespoons olive oil
2 tablespoons vinegar
1 clove garlic
Ice

Process: Rub the bowl in which dressing is mixed with the clove of garlic. Put salt, pepper and cayenne in bottom of bowl; add vinegar and oil. Put a cube of ice in mixture and beat thoroughly. When thickened, remove ice and dress the salad immediately.

FRENCH DRESSING No. 2.

6 tablespoons olive oil
2 tablespoons grape fruit juice
1 tablespoon lemon juice
¼ teaspoon salt
¼ teaspoon paprika

Process: Put salt and paprika in the bottom of bowl; add olive oil; mix fruit juice and add slowly to first mixture; beat thoroughly and serve with fruit salad.

MAYONNAISE DRESSING.

1 teaspoon salt
Few grains cayenne
Yolks 2 eggs
2 tablespoons lemon juice
1 tablespoon vinegar
1½ cups olive oil

Process: Pack the bowl in which the dressing is to be made into a larger bowl half filled with cracked ice; sift salt and cayenne in smaller bowl; add egg yolks and stir until well mixed; add one and one-half teaspoons lemon juice; add the first fourth of a cup of oil, drop by drop, stirring constantly.

As the mixture thickens add a teaspoon of vinegar or lemon juice alternately with the oil. After the first fourth cup has been beaten in, the mixture should be the consistency of boiled custard ;then add the oil in larger quantities, beating constantly, and alternately oil, vinegar, and lemon juice until all are used. If oil is added faster than the egg yolks can absorb it, the dressing will have a curdled appearance. This may be restored to the proper consistency by putting another yolk into a chilled bowl and slowly beating in the curdled mixture. It is very necessary to have all the ingredients thoroughly chilled and a small wooden spoon may be used for stirring in the first fourth cup of oil; the Dover egg beater may be used to finish the process.. Mayonnaise dressing should be stiff enough to keep its shape. It separates very quickly when exposed to changes in temperature. It should be kept in a cold place and added to fruits, vegetables, meats or fish just before serving them.

SOUR CREAM SALAD DRESSING.

Add to one cup sour cream one tablespoon lemon juice or vinegar, one teaspoon salt, one-fourth teaspoon paprika and one-fourth teaspoon ground mustard and onion juice to taste. Beat mixture until firm. Serve with string beans, potato salad, lima bean salad, all of which should be marinated with French Dressing before adding the Cream Dressing.

MRS. HILLER'S BOILED SALAD DRESSING.

1 tablespoon salt
½ tablespoon mustard
2 tablespoons sugar
Few grains cayenne
1 tablespoon corn starch
Yolks 4 eggs
⅓ cup melted butter
¾ cup milk
¼ cup vinegar diluted with
2 tablespoons cold water

Process: Mix and sift the dry ingredients; add egg yolks slightly beaten, butter, milk, and diluted vinegar, the latter very slowly while beating constantly. Cook in double boiler until mixture thickens. Cool and thin with cream if necessary.

BACON SAUCE.

5 tablespoons strained bacon fat
2 tablespoons flour
¼ teaspoon paprika
½ teaspoon salt
⅓ cup vinegar
½ cup hot water
Yolks 2 eggs
Cream

Process: Heat bacon fat in a sauce-pan; add flour and stir until well mixed. Add hot water to vinegar and add slowly to first mixture while stirring constantly; add seasoning and yolks of eggs, slightly beaten. Do not allow sauce to boil after eggs are added; chill and thin with cream to the consistency to pour. Serve with spinach, dandelion, endive, chicory, corn salad or lettuce.

SAUCE TARTARE.

To one cup of Mayonnaise Dressing add one finely chopped shallot, one half tablespoon each capers, gerkins, chives parsley and one-half teaspoon fresh tarragon all finely chopped; mix thoroughly; chill, and serve at once.

CHICKEN SALAD.

Cut the breast of cold boiled fowl into one-half inch cubes; add twice the quantity of the tender hearts of celery, cut in one-half inch pieces; add one cup of English walnut meats, broken in pieces, in the proportion of two cups each of the first two ingredients; mix thoroughly and serve with Boiled Salad Dressing. Garnish with "hard boiled eggs" and curled celery.

SWEETBREAD SALAD.

Boil one pound of sweetbreads in salted and acidulated water twenty minutes, drain and plunge into cold water for five minutes; drain and dry; cut into one-fourth inch cubes which will equal one and one-half cups; add to this one and one-half cups cucumber cut in one-fourth inch cubes (one and one-fourth medium sized cucumbers will make the desired quantity), one cup English walnut meats cut in pieces; toss lightly together with a fork; serve with Boiled Salad Dressing.

LOBSTER SALAD.

Remove the meat from a two and one-half pound lobster; cut into one-half inch cubes; add to this one and one-half cups cucumber; cut in one-fourth inch cubes. Serve with Mayonnaise Dressing. Garnish with lobster claws and lobster coral.

SALMON SALAD.

If fresh salmon is used for this purpose it should be cut from the tail of the fish, in slices two inches thick, tied in cheese cloth and cooked in salted acidulated water fifteen minutes, drained and chilled, then separated into flakes with a silver fork; or it may be left whole and marinated with a French Dressing; surround with a border of cucumbers cut in one-fourth inch cubes. Mask the fish with a Mayonnaise Dressing; garnish with slices of lemon sprinkled with finely chopped parsley and sprigs of parsley.

If canned salmon is used, it should be drained from the liquor, the skin and bones removed, disposed on a chilled serving platter and garnished the same as the fresh salmon. This meat should never be minced when used as a salad.

SPECIAL POTATO SALAD.

Boil in salted water in the jackets six medium sized potatoes, peel and chill; cut into one-fourth inch cubes; to this add one cup cucumber cut in one-fourth inch cubes, one medium sized onion, finely chopped, one tablespoon each of green and red pepper finely chopped, one cup of blanched and shredded almonds; toss lightly together, using two forks; serve with Boiled Salad Dressing; chill before serving.

HOT POTATO SALAD.

Shred one-fourth pound of thinly sliced bacon with the shears; cook in a hissing hot frying-pan until crisp. Skim out the shreds of bacon and saute in the hot fat one finely chopped onion until a golden brown; measure fat and add half the quantity of vinegar, salt if necessary, and a few grains of cayenne;

add half the quantity of hot chicken stock or water and mix well. Remove the skins from hot boiled potatoes; slice enough into the hot mixture to absorb the liquid, add shreds of bacon, and toss all lightly until well mixed. Serve at once.

CORN SALAD.

To two cups cold boiled sweet corn cut from the cob add a sprinkle of ground mustard and one-half tablespoon of grated onion; marinate with French Dressing No. 1 and let stand one hour; drain and arrange in a bed of endive, cress, or lettuce hearts. Serve with Bacon Sauce.

LETTUCE AND TOMATO SALAD.

Peel and chill four small sized tomatoes, cut in quarters and arrange each in a nest of heart lettuce leaves; strew over tomatoes fine shreds of Spanish onion; marinate with French Dressing No. 1 and mask with Mayonnaise Dressing, using pastry bag and rose tube.

PINEAPPLE AND TOMATO SALAD.

Peel and chill firm ripe tomatoes of a uniform size. Cut in one-third inch slices; dispose a slice of tomato over a slice of chilled canned Hawaiian pineapple arranged in a nest of heart-lettuce leaves. Mask with Mayonnaise.

POINSETTIA SALAD.

Select the desired number of small, firm tomatoes; peel and chill; with a sharp knife cut them in eighths; drain slices of canned Hawaiian pineapples from their liquor; arrange and chill; with a sharp knife cut them in eighths; drain in a nest of lettuce heart leaves and cut like a pie in five sections; place a slice of tomato cut side down into each one of these cups, letting the tomato radiate from center, forming five red petals; fill center with curled parsley; marinate with French Dressing No. 2 and force Mayonaisse Dressing through pastry bag and tube around the curled parsley in center of each; serve very cold. This is an attractive salad for the holiday season.

WATER CRESS AND CUCUMBER SALAD.

Wash, pick over and remove roots from water cress, drain and chill; arrange a border in shallow dish. Pare and cut into one-fourth inch dice two medium sized cucumbers, chill and arrange in the center of cress; sprinkle over two tablespoons of finely chopped chives or thinly sliced onion; serve with French Dressing No. 1.

POMONA SALAD.

Cut four Jonathan apples into straw shape pieces one inch long; add half the quantity of hearts of celery cut in same shape; add one cup blanched and shredded Jordan almonds; toss together lightly and serve in nest of cress, endive, or lettuce hearts; marinate with French Dressing No. 2 and garnish with Mayonnaise. This salad will be found particularly appetizing served with game, domestic ducks, geese, or roast pork.

ORANGE AND NUT SALAD, ASTOR STYLE.

Remove the pulp from four large oranges, cut each in eights and divide these in halves. Marinate with French Dressing. Marinate an equal quantity of English walnuts, using the halves; toss together lightly with a fork and arrange each portion in nests of lettuce heart leaves; sprinkle with finely chopped hearts of crisp celery and mask with Mayonnaise.

PRUNE SALAD.

Wash the prunes thoroughly; cover with cold water; let soak over night; cook until tender in the same water; add sugar the last five minutes of cooking. Cool and drain; with a small sharp knife make an incision in one side of each and remove the pits. Toast as many almonds as you have prunes and roll over each nut meat one teaspoon homemade cottage or Neufchatel cheese; refill prunes, pressing edges half over filling. Dispose four medium size or three large prunes in nests of lettuce heart leaves; marinate with French Dressing No. 2, and mask with Mayonnaise.

CHAPTER XV.

ENTREES.

CHICKEN CROQUETTES.

2 cups cold chicken finely chopped
½ cup English walnut meats chopped moderately
¾ teaspoon salt
¼ teaspoon celery salt
Few grains cayenne
Slight grating nutmeg
1 teaspoon lemon juice
Few drops onion juice
1 teaspoon finely chopped parsley
1 cup thick White Sauce

Process: Mix the ingredients in the order given, mould in cork shape croquettes, using a heaping tablespoon of the mixture for each croquette. Roll in crumbs, dip in egg and roll again in crumbs. Fry in deep fat. Drain on brown paper. Serve with Bechamel Sauce or Sauce Supreme.

CREOLE CROQUETTES.

1 cup raw beef or veal finely chopped and packed solidly
⅓ cup uncooked rice
1 teaspoon salt
¼ teaspoon pepper
Few grains cayenne
7 large cabbage leaves

Process: Remove the fat and gristle from beef or veal (the cheaper cuts) pass meat through the meat chopper twice; wash rice thoroughly, add to meat, add seasonings; mix well. Cut out the thick vein of the cabbage leaves and parboil them two minutes from the time they begin to cook. Drain them and enclose a heaping tablespoon of meat mixture in each leaf; fasten with a small wooden skewer (tooth-pick); place in a granite or earthen baking dish; strain over tomato sauce; cover closely, place in a moderate oven and simmer one hour. (For Tomato Sauce No. 2, see chapter on meat and fish sauces.)

EGGS POACHED IN GREEN PEPPERS.

2 tablespoons butter
1 onion finely chopped
4 tablespoons finely chopped mushrooms
4 tablespoons left-over ham finely chopped
Brown sauce
Salt
Pepper
Few grains cayenne
8 green peppers

Process: Cut slice from stem end of peppers; remove the seeds and pith, parboil eight minutes in sufficient water to cover. Remove from water; invert on plate to drain; melt butter in a sauce-pan; add onion; cook three minutes; add mushrooms and ham; cook mixture one minute; then moisten with sufficient Brown Sauce to spread; season highly with salt, pepper and cayenne. Line each pepper with a thin lawer of this mixture; break fresh eggs in a cup one at a time and slip carefully into pepper. Sprinkle the top with fine buttered bread crumbs, mixed with equal quantity of grated cheese; bake in the oven until eggs are set. Serve on rings of toast with Brown Sauce.

OYSTERS AND SPAGHETTI A LA BECHAMEL.

Cook two cups spaghetti broken in inch pieces in boiling salted water to cover, until tender. Drain and blanch. Butter small ramekins and line the bottom with a layer of spaghetti; then a layer of oysters previously plumped in their own liquor; sprinkle with salt and pepper; add a layer of Bechamel Sauce (see chapter on meat and fish sauces). Repeat until dish is filled. There should be two layers of oysters and a layer of sauce should cover top. Sprinkle over thickly with buttered crumbs and place in hot oven until mixture is heated throughout and crumbs are brown. Time required will depend largely on size of baking dish. A large dish will require twenty minutes; smaller ones from twelve to fifteen minutes.

OYSTERS A LA BELLE.

2 cups oysters
3 tablespoons butter
½ teaspoon salt
⅛ teaspoon pepper
Few grains nutmeg
4 tablespoons thick cream
Yolks 2 eggs
Paprika

Process: Clean and pick over oysters. Melt butter in an omelet pan; add oysters and let cook until oysters are plumped and gills are curled; add seasoning and cream. Reduce heat and add yolks of eggs slightly beaten, stirring constantly; cook until mixture is slightly thickened. Serve in Puff Paste Patty Shells; sprinkle with paprika and garnish with sprigs of parsley.

RICE CROQUETTES WITH JELLY.

½ cup rice
½ cup boiling water
1 cup scalded milk
1 teaspoon salt
Yolks of 2 eggs, slightly beaten
¼ cup fine sugar
grated rind of ½ lemon
1 tablespoon butter

Process: Wash rice thoroughly; add to boiling water with salt; cover and let cook until the rice has absorbed water. To this add scalded milk; stir lightly with a fork, cover and steam until rice is tender. Remove from range; add egg yolks, butter and sugar; spread on a shallow plate to cool. Shape in balls the size of an egg, roll in fine cracker crumbs and make a depression in each to form a small saucer; dip in egg and again in crumbs. Each croquette should be well crumbed. Fry in hot fat, drain on brown paper and place a cube of jelly one-inch square in each croquette. Serve with game.

PINEAPPLE FRITTERS.

Drain the slices of canned pineapple from the liquor and dip each slice in the following batter; fry in hot fat, drain on soft brown paper and serve with fruit juice sauce, or sprinkle with powdered sugar.

BATTER No. 1, FOR FRUIT FRITTERS.

1 cup bread flour
1½ teaspoons baking powder
2 tablespoons fine sugar
¼ teaspoon salt
⅓ cup milk
½ tablespoon melted butter
1 egg, well beaten

Process: Mix and sift the dry ingredients; add the milk gradually while beating constantly; batter must be smooth and creamy; add melted butter, then well-beaten egg.

BANANA FRITTERS.

4 bananas
1 tablespoon lemon juice
3 tablespoons sherry wine
Powdered sugar

Process: Remove the skins from ripe bananas; cut in halves lengthwise, then cut halves in two pieces crosswise. Sprinkle with lemon juice and sherry; dredge heavily with powdered sugar, cover and let stand one-half hour; drain and dip each piece in Batter No. 2; fry in deep hot fat and drain on brown paper. Sprinkle with powdered sugar and serve. For batter, see chapter on Batters and Doughs.

CHEESE CROQUETTES.

3 tablespoons butter
4½ tablespoons flour
⅔ cup milk
Yolks of two eggs
1 cup mild American cream cheese, cut in small cubes
½ cup grated Parmesan cheese
Few drops onion juice
Salt, pepper, and a few grains cayenne

Process: Melt butter in a sauce-pan, add flour and stir to a smooth paste; add milk gradually while beating constantly, then add grated cheese. As cheese melts reduce the heat and fold in the cubes of cheese. Season highly with salt, pepper, a few grains of cayenne, and a few drops of onion juice. Place mixture in a shallow pan and chill; turn on a floured board and cut in strips one inch wide by two inches long. Dip in fine cracker crumbs, egg and crumbs again, fry a golden brown in hot fat. Drain on brown paper.

CHEESE SOUFFLE.

2 tablespoons butter
3 tablespoons flour
½ teaspoon salt
⅛ teaspoon mustard
Few grains cayenne
½ cup scalded milk
⅓ cup grated cheese
Yolks of 3 eggs
Whites of 3 eggs

Process: Melt butter in a sauce-pan; add flour and seasoning mixed and sifted; stir to a smooth paste; add milk gradually while stirring constantly; add cheese when well blended; remove from range; add beaten yolks of eggs; mix well; cut and fold in the whites of eggs beaten stiff and dry. Pour mixture into a well-buttered baking dish, place in a moderate oven and bake twenty minutes. Serve immediately.

CHEESE BALLS.

1½ cups grated cheese
1 tablespoon flour
½ teaspoon salt
Few grains cayenne
Whites of 3 eggs beaten stiff

Process: Add flour and seasonings to cheese; then cut and fold in the whites of eggs; shape in balls the size of hickory nuts. Roll in cracker meal and fry in deep hot fat. Drain on brown paper and serve with salad or as cheese course.

CHAPTER XVI.

HOT PUDDINGS.

BAKED CUSTARD.

4 cups scalded milk
6 eggs
½ cup sugar
¼ teaspoon salt
Grating of nutmeg

Process: Scald milk in double boiler. Beat eggs slightly, add sugar and salt; pour on slowly scalded milk, stirring constantly. Strain mixture into buttered baking dish, set in pan of hot water. Sprinkle with nutmeg and bake in a moderate oven until firm (about twenty-five minutes). Custard is cooked sufficient if the blade of a silver knife comes out clean when introduced into custard. Serve hot or very cold.

PLAIN RICE PUDDING.

4 cups milk
⅔ cup rice
⅓ cup molasses
½ teaspoon cinnamon
1 tablespoon butter
½ cup seeded raisins
Salt

Process: Wash rice; mix ingredients in the order given and pour into a buttered baking dish; bake three hours in a slow oven, stirring three times during first hour of cooking to prevent rice from settling. When stirring the last time add butter.

CHOCOLATE RICE PUDDING.

2 cups scalded milk
¼ cup uncooked rice
½ teaspoon salt
1 tablespoon butter
1 square Baker's chocolate melted
½ cup sugar
½ teaspoon vanilla extract
½ cup blanched and finely shredded almonds
Whites two eggs
½ cup whipped cream

Process: Add rice and salt to scalded milk and cook over hot water until rice is tender; add butter, sugar, melted chocolate, flavoring and almonds. Cut and fold the whites of eggs beaten stiff into whipped cream and add to first mixture. Pour into buttered pudding dish and bake twenty minutes in a moderate oven. Spread with a meringue made of the whites of three eggs beaten stiff and one-half cup powdered sugar added gradually while beating constantly. Flavor with one-half teaspoon vanilla extract. Return to oven and brown delicately.

APPLE TAPIOCA.

¾ cup pearl tapioca
Cold water
2½ cups boiling water
6 large sour apples
¾ cup sugar
Few gratings lemon rind
Salt

Process: Soak tapioca an hour in cold water to cover; drain; add boiling water; season with salt. Core and pare apples; place in buttered baking dish; fill the cavities with sugar and lemon rind; pour over the tapioca and bake in a slow oven until apples are tender. Serve with cream and sugar.

APPLE AND BROWN BREAD PUDDING.

2 cups brown bread crumbs
2 cups chopped apples
⅔ cup finely chopped suet
1 cup seeded raisins
1 egg
2 tablespoons flour
½ teaspoon salt
½ cup brown sugar
1 cup milk

Process: Mix bread crumbs and apple; add suet, sugar, raisins mixed with flour, and salt; add milk and beat thoroughly. Steam in buttered molds two hours. Serve with Lemon or Vanilla Sauce.

QUEEN OF PUDDINGS.

1 cup toasted bread cubes
2 cups milk
¼ cup sugar
3 eggs
1 teaspoon of vanilla
1 cup stewed apples

Process: Cut the toasted bread in half-inch cubes; beat the yolks of the eggs and white of one together. Add sugar

and vanilla; continue beating; add milk and beat until sugar is dissolved. Pour this custard over bread and bake in a moderate oven until firm; remove from oven and cover with apples. Make a meringue of the remaining whites of eggs and one-fourth cup granulated sugar; add one-fourth teaspoon vanilla spread over apples; return to oven until meringue is delicately browned; serve hot with Hard Sauce or cream. Preserved fruits and jelly of any kind may be substituted for the apples.

BREAD PUDDING.

2 cups stale bread or cake crumbs
1 quart scalded milk
½ cup sugar
3 tablespoons butter
3 eggs
½ teaspoon salt
1 teaspoon vanilla or
¼ teaspoon nutmeg
½ cup seeded and shredded raisins

Process: Soak crumbs in milk; cool slightly; add sugar, butter and eggs, slightly beaten, salt, flavoring and fruit. Turn mixture into a buttered baking dish and bake slowly one hour in a slow oven; cover the first thirty minutes of cooking. When stale cake crumbs are used less sugar will be required. All crust should be trimmed off of both cake or bread. When stale bread is used the crust may be removed by the aid of a coarse grater. Serve with Hard, Vanilla or Foamy Sauce.

STEAMED APPLE PUDDING.

Fill a two-quart granite pudding mould two-thirds full of sliced sour apples. Butter the rim and edges of pan and the inside of cover. Cover with dough made as follows: Sift together two cups flour, one-fourth teaspoon salt, four teaspoons baking powder. Add three-fourths cup milk, mix with a knife, turn on lightly floured board and roll to fit the mould. Lay over apples. Cover closely and steam one hour in steamer, or place mould on a trivet in a kettle surrounded with water, being careful that water does not reach cover of mould, and cook one hour. Serve with Vanilla or Lemon Sauce. Remove cover

from mould and loosen pastry around the edges. Lay serving platter over mould and invert it; remove mould, leaving crust on bottom and apples on top. Cut as a pie is served. If the apples are sweetened with molasses and two tablespoons of shortening is added to the dough before adding milk, then baked in oven, this is then called "Pandowdy."

COTTAGE PUDDING WITH FRUIT.

⅓ cup butter
1 cup sugar
1 egg lightly beaten
1¾ cups flour
3 teaspoons baking powder
¼ teaspoon salt
½ cup milk
½ teaspoon lemon
½ teaspoon vanilla
Fruit and whipped cream.

Process: Cream butter; add sugar gradually while stirring constantly. Add egg beaten light without separating. Sift flour, baking powder and salt together and add alternately with milk to first mixture; add extract. Bake in buttered gem cups or a shallow buttered and floured pan twenty-five minutes. If baked in shallow pan, cut in squares. Cover with sliced bananas, strawberries or peaches; sprinkle with sugar and mask with whipped cream.

GINGER PUDDING.

⅓ cup butter
½ cup sugar
1 egg well beaten
2¼ cups flour
3½ teaspoons baking powder
¼ teaspoon salt
1 tablespoon ginger
1 cup milk
¼ cup crystallized ginger cut in very small pieces

Process: Cream butter, add sugar gradually and beaten egg; mix and sift flour, baking powder, salt and ginger; add alternately to first mixture with milk; add slightly floured ginger; mix well; turn into buttered mould, cover, and steam two hours; serve with Vanilla Sauce.

GRAHAM PUDDING.

4 tablespoons butter
½ cup molasses
½ cup milk
1 egg
1½ cups graham flour
½ teaspoon soda
1 teaspoon salt
½ teaspoon cinnamon
¼ teaspoon cloves
1 cup dates stoned and cut in small pieces

Process: Melt butter and add molasses; milk and eggs lightly beaten. Mix and sift dry ingredients, add dates, and add to first mixture. Turn into buttered pudding mould, cover and steam two and one-half hours. Serve with Vanilla Sauce. One cup raisins seeded and shredded or the same quantity of figs finely chopped may be used in place of dates.

YANKEE PLUM PUDDING.

1 cup suet
1 cup N. O. molasses
3 cups flour
1½ teaspoon soda
1 teaspoon cinnamon
½ teaspoon cloves
½ teaspoon nutmeg
½ teaspoon salt
1 cup sweet milk
1 cup seeded and shredded raisins
1 cup English walnut meats broken in pieces

Process: Pick the tissue and stringy parts from suet; chop in chopping bowl very fine, then work to a cream with hands; add molasses; sift together flour, soda, spices and salt; add alternately with milk, reserving enough flour to dredge raisins and nut meats; mix well and turn into buttered moulds. Steam three hours. Serve with Brandy Sauce.

APPLE DUMPLINGS.

2 cups flour
½ teaspoon salt
4 teaspoons baking powder
1 tablespoon lard
1 cup cream
6 small snow apples
1 cup sugar
2 cups cold water

Process: Mix and sift flour, salt and baking powder; rub in shortening with tips of fingers; add cream gradually, cutting

and mixing with a knife to a soft dough, and toss on a floured board; pat and roll to one inch in thickness. Shape with large biscuit cutter; place in the center of each piece a small snow apple previously pared and cored; enclose apples, pressing the edges of dough; roll in the hands the shape of a ball; place in a buttered dripping pan two inches apart. Sift sugar around dumplings; pour on cold water; bake in a hot oven twenty minutes, basting three times with liquor in pan. Serve with Hard, Apricot or Creamy Sauce.

APRICOT ROLL.

2 cups flour
½ teaspoon salt
4 teaspoons baking powder
2 tablespoons butter or lard
¾ cup thin cream
Apricot marmalade

Process: Mix and sift flour, salt and baking powder; rub in butter with tips of fingers; add cream gradually; use a knife for mixing; turn on a well floured board, knead slightly and pat and roll to one inch thickness. Spread with apricots stewed and strained from their liquor. Reserve the latter and rub the fruit through a puree strainer. Sweeten both to taste. Roll like a jelly roll; press edges together, place in buttered dripping pan and bake twenty-five minutes in a hot oven, basting three times with the liquor—there should be one cup of the latter. Serve hot with whipped cream sweetened and flavored, or Hard Sauce.

CHAPTER XVII.

PUDDING SAUCES.

LEMON SAUCE.

Sift together one cup fine granulated sugar; one tablespoon corn starch; one-eighth teaspoon salt; add slowly one cup boiling water while beating constantly. Cook five minutes; remove from range and add two tablespoons butter, two tablespoons lemon juice, a slight grating of lemon rind; strain. A few grains of nutmeg may be added.

VANILLA SAUCE.

Prepare the same as Lemon Sauce, using one teaspoon of vanilla extract in place of lemon juice, rind and nutmeg.

FRUIT JUICE SAUCE.

Put two cups fruit juice in a sauce-pan placed on range; add gradually one cup sugar mixed with two teaspoons of arrowroot, stirring constantly; bring to boiling point and skim if necessary; cook five minutes. Sugar is often added to the juice of left-over fruits and the mixture cooked five minutes. When canning fruit and juice is left over, this may be canned after straining the same as fruit. When needed for pudding sauces prepare as directed in the foregoing. This sauce may be used for any of the hot puddings.

CREAM SAUCE.

Sweeten two cups of whipped cream to taste; flavor with lemon, orange, vanilla, brandy or nutmeg.

CREAMY SAUCE.

2 cups whipping cream
1 teaspoon orange extract
Whites 2 eggs beaten stiff and dry
1 cup powdered sugar

Process: Flavor cream and whip until stiff. Add powdered sugar gradually while beating the whites of eggs; cut and fold into first mixture. Serve cold with baked Apricot, Peach or Apple Dumplings.

APRICOT SAUCE.

Drain canned apricots from their liquor and rub through a sieve (there should be three-fourths cup of pulp). Cut and fold into pulp three cups of whipped cream; sweeten to taste; chill and serve.

FOAMY SAUCE.

½ cup butter
1 cup confectioner's sugar
1 egg beaten very light
3 tablespoons sherry wine
Few grains nutmeg

Process: Cream butter; add sugar gradually, beating constantly; add beaten egg and sherry; turn into double boiler and beat briskly while heating. Turn sauce into hot sauce-boat and sprinkle with nutmeg.

CARAMEL SAUCE.

Caramelize one-half cup granulated sugar in an omelet pan, stirring constantly. When it is the desired color, add one-half cup boiling water slowly; stir until well blended; simmer gently ten minutes. Cool, and add a few drops of vanilla extract. Serve cold.

BRANDY SAUCE.

¼ cup butter
½ cup fine granulated sugar
Yolks of two well beaten eggs
⅛ teaspoon salt
½ cup hot milk or cream
3 tablespoons brandy
1 tablespoon Jamaica rum
Whites of 2 eggs beaten stiff
Few grains of nutmeg

Process: Cream butter; add sugar gradually, beating constantly; add yolks of eggs and salt; pour on gradually hot milk or cream and cook in double boiler until mixture coats the spoon delicately; remove from range and add brandy and rum; pour this mixture slowly over the whites of eggs, beating constantly; turn into sauce-boat and sprinkle with nutmeg.

BOILED CUSTARD.

2 cups scalded milk
4 egg yolks
½ cup sugar
⅛ teaspoon salt
½ teaspoon vanilla or
1 tablespoon sherry wine

Process: Beat yolks slightly; add sugar and salt; stir constantly while adding scalded milk slowly. Cook in double boiler. Continue stirring until mixture thickens the consistency of thin cream; strain immediately. Chill and flavor. Do not allow the water in double boiler to boil vigorously while cooking, as this will curdle the custard. Mixture should form a coating on the wooden spoon; it is then cooked sufficiently.

HARD SAUCE.

⅓ cup butter
1 cup confectioner's sugar
½ teaspoon each lemon and vanilla and few grains nutmeg

Process: Cream butter; add sugar gradually and extracts drop by drop, beating constantly. Brandy may be used instead of extracts. Force the mixture through a pastry bag on serving dish and sprinkle with nutmeg. Serve on hot puddings.

CHAPTER XVIII.

COLD PUDDINGS.

CORN STARCH PUDDING.

2 cups scalded milk
4 tablespoons corn starch
⅛ teaspoon salt
5 tablespoons sugar
Whites of three eggs
½ teaspoon vanilla

Process: Mix corn starch, sugar and salt; add scalded milk, stirring constantly until mixture thickens; cook thirty minutes in double boiler, stirring occasionally. Add the whites of eggs, beaten stiff; mix thoroughly; add flavoring. Pour into wet mould, chill, and serve with cold sweet cream.

GOLDEN CORN STARCH PUDDING.

Follow recipe for Ivory Corn Starch Pudding, substituting yolks of three eggs for the three whites. Flavor with one-fourth teaspoon each of vanilla and lemon extract. Mould, chill, and serve.

CHOCOLATE CORN STARCH CONES.

¼ cup corn starch
⅓ cup cold milk
2 cups scalded milk
½ cup sugar
¼ teaspoon salt
Whites of three eggs
½ teaspoon vanilla
1½ squares chocolate
2 tablespoons sugar
Blanched almonds

Process: Dilute corn starch with cold milk; add sugar, salt and scalded milk. Melt chocolate over hot water; add sugar and enough of hot mixture to the consistency to pour. Combine mixtures and cook in double boiler twenty minutes, stirring continually. Remove from range; when slightly cool, cut and fold in the whites of eggs beaten stiff; add vanilla. Turn into wet cone-shaped moulds, decorated with almonds arranged like a star. Chill thoroughly, unmould and surround each with whipped

cream, sweetened and flavored. Force through pastry bag, using star tube.

IVORY CREAM.

1 tablespoon granulated gelatine
1 tablespoon cold water
2 tablespoons boiling water
4 tablespoons sugar
⅓ cup Madeira wine or
1 teaspoon vanilla
3 cups whipped cream

Process: Soak gelatine in cold water, then dissolve in boiling water; add sugar, wine or extract. Strain into a bowl placed in a pan of cracked ice and beat mixture until slightly thickened; then add whipped cream and continue beating until mixture is stiff enough to stand. Turn into individual moulds, first dipped into cold water. Serve with whipped cream; garnish with cubes of sherry or orange jelly.

SNOW PUDDING.

1 tablespoon granulated gelatine
4 teaspoons cold water
1 cup boiling water
1 cup sugar
4 tablespoons lemon or orange juice
Whites of 4 eggs

Process: Soak gelatine in cold water fifteen minutes; dissolve in boiling water; add sugar, lemon or orange juice; strain and set aside to cool, stirring occasionally; when thick and jelly-like, beat with a wire whisk until mixture is fluffy, then add the whites of eggs beaten stiff, and continue beating until mixture holds its shape; turn into moulds previously wet in cold water, and chill. Serve with boiled custard or caramel sauce.

COFFEE JELLY.

2 tablespoons granulated gelatine
⅓ cup cold water
1 cup boiling water
6 tablespoons sugar
2 cups strong coffee
½ teaspoon vanilla

Process: Soak gelatine thirty minutes in cold water; dissolve in boiling water; strain through sieve; add to sugar and coffee; add vanilla. Turn into a ring mould and chill. Unmould on a cold glass platter and fill center of mould with whipped cream, sweetened and flavored delicately with vanilla.

POMONA JELLY.

½ box granulated gelatine
½ cup cold water
1 cup boiling water
2 cups sweet cider
2 tablespoons ginger syrup

Process: Soak gelatine in cold water fifteen minutes, then dissolve in boiling water; add cider and sweeten to taste; add ginger syrup and strain into fancy individual moulds previously wet in cold water. Serve with roast pork, roast goose, etc.

Ginger syrup may be obtained from preserved Canton ginger.

JELLIED APRICOTS.

½ box granulated gelatine
½ cup cold water
1⅔ cups boiling water
1 cup sugar
1 cup sherry or Madeira wine
⅓ cup orange juice
2 tablespoons lemon juice
Apricots and almonds

Process: Soak gelatine in cold water fifteen minutes and dissolve in boiling water; add sugar, wine, orange and lemon juice; strain mixture into a circular mould previously wet in cold water to the depth of one-half inch; place dish in ice-water and when mixture is chilled add the halves of canned apricots previously drained from their liquor. Place a blanched and toasted almond in the seed cavity of each; place the cut side down and pour over the remaining mixture and let stand to harden; chill thoroughly and turn on serving platter and serve with apricot sauce.

CARAMEL CUSTARD.

½ cup sugar caramelized
4 cups scalded milk
6 eggs slightly beaten
½ teaspoon salt
1 teaspoon vanilla extract

Process: Caramelize sugar in an iron omelet pan, stirring constantly until melted and turned to a light brown color; then add slowly scalded milk, using care that the mixture does not boil over. When sugar is dissolved in milk add mixture slowly to eggs slightly beaten; add salt and flavoring; strain into a buttered baking dish and cook as baked custard. Chill and serve with caramel sauce.

CHAPTER XIX.

ICE CREAMS, ICES, ETC.

PHILADELPHIA ICE CREAM.

Make a syrup by cooking three-fourths cup sugar and one-half cup water together three minutes; cool, and add one quart cream and one and one-half tablespoons vanilla. Freeze.

TUTTI FRUTTI ICE CREAM.

To Philadelphia Ice Cream when frozen, add one cup of candied cherries, pineapple, apricots, pears, etc., cut in small pieces, softened in hot syrup or soaked in brandy or rum, then drained and cooled before adding to the frozen mixture.

COCOA ICE CREAM.

½ cup cocoa
1 cup sugar
1 tablespoon corn starch
¼ teaspoon salt
2 cups scalded milk
1 two-inch stick cinnamon
4 egg yolks
2 cups cream
2 tablespoons melted butter
1 tablespoon vanilla

Process: Mix cocoa, sugar, corn starch and salt; add scalded milk and stick of cinnamon; cook in double boiler twenty minutes; beat egg yolks slightly; add cream, butter and vanilla. Add to first mixture; strain, chill and freeze. One cup of raspberry pulp may be added to this mixture before freezing and is considered a great improvement by many.

BANANA ICE CREAM.

4 large bananas
2 tablespoons lemon juice
4 tablespoons sherry wine
Philadelphia ice cream

Process: Remove the peel from the bananas; rub them through a puree strainer; add lemon juice and sherry; add this mixture to Philadelphia Ice Cream; mix and freeze.

STRAWBERRY ICE CREAM.

1½ quarts thin cream
2 boxes strawberries
½ cup orange juice
2¼ cups sugar
Few grains salt

Process: Pick over, wash and hull berries; cut in halves and sprinkle with sugar; cover and let stand two hours. Mash thoroughly and rub through a puree strainer, then squeeze through one thickness of cheese cloth. Freeze cream to the consistency of mush and gradually add strawberries; mix and finish freezing. Rich, full milk may be used to substitute half the cream.

HOT CHOCOLATE SAUCE.

1 square Baker's chocolate
1 cup sugar
1 tablespoon butter
½ cup boiling water
½ teaspoon vanilla

Process: Melt chocolate in sauce-pan; add sugar, butter and boiling water; cook fifteen minutes, stirring constantly the first five minutes of cooking, then occasionally until mixture is done. Cool slightly and add vanilla. Serve hot with Philadelphia Ice Cream.

HOT MAPLE SAUCE.

Boil two cups maple sugar with one-half cup cream until it spins a thread; cool slightly and serve with Vanilla Ice Cream. Sprinkle each portion with chopped nuts.

LEMON ICE.

4 cups water
2 cups sugar
¾ cup lemon juice
¼ cup orange juice

Process: Prepare a syrup by boiling water and sugar together twenty minutes. Add lemon and orange juice; cool, strain and freeze, using equal parts of salt and ice for freezing this mixture.

ORANGE ICE.

4 cups water
2 cups sugar
3 thin shavings orange rind
2 cups orange juice
¼ cup lemon juice

Process: Prepare a syrup by boiling water, sugar and orange rind twenty minutes. Add orange and lemon juice and strain, cool and freeze.

CREME DE MENTHE ICE.

4 cups water
1 cup sugar
Green vegetable coloring
½ cup Creme de Menthe Cordial
Mint leaves

Process: Prepare a syrup by boiling water and sugar fifteen minutes; add Cordial and fruit coloring; strain, chill and freeze. Serve in thin green glasses, decorating each portion with a sprig of mint.

MARLBOROUGH SHERBET.

2 cups water
1½ cups sugar
1 cup seeded and shredded raisins
¾ cup orange juice
¼ cup lemon juice
1 cup pineapple juice
1 teaspoon grated nutmeg
½ cup sherry wine
Whites 3 eggs beaten stiff

Process: Make a syrup by boiling water and sugar ten minutes; pour over the raisins and let stand until cold, then add fruit juices and grated nutmeg; mix; turn into freezer and freeze to a mush; add wine and whites of eggs. Continue freezing.

PINEAPPLE SORBET.

2 cups water
1 cup sugar
Juice 4 lemons
2 cups ice water
1 can grated pineapple or
1 fresh pineapple shredded
¼ cup Benedictine cordial

Process: Prepare a syrup by boiling water and sugar fifteen minutes; add pineapple and lemon juice. Chill, strain and add to ice water. Freeze to a mush, following directions for Lemon Ice; add whites of two eggs beaten stiff and continue freezing.

FROZEN CRANBERRIES.

4 cups cranberries
⅔ cup seeded raisins
2½ cups sugar
2 cups boiling water

Process: Pick over and wash cranberries and seeded raisins; cut raisins in halves; add to cranberries with sugar and water; cook fifteen minutes and skim when necessary. Rub through a puree strainer. Cool and freeze the same as Orange Ice. Serve as a substitute for cranberry jelly.

CHAPTER XX.

PASTRY AND PIES.

CUSTARD PIE.

3 eggs
¼ cup sugar
Few grains salt
2 cups scalded milk
Few grains nutmeg

Process: Beat eggs slightly; add sugar and salt; pour on milk slowly while stirring constantly. Strain mixture into a pie pan lined with paste; wet the rim of pie and lay around a strip of pastry cut one inch wide; press edges, and flute rim with the fingers; sprinkle with nutmeg. Bake in a hot oven at first to cook rim; after which reduce the heat, as this is largely an egg mixture and requires a moderate oven.

LEMON PIE.

¾ cup sugar
1 cup boiling water
1½ tablespoons corn starch
1 tablespoon flour
Yolks 3 eggs
4 tablespoons lemon juice
Grated rind 1 lemon
½ tablespoon butter
Few grains salt

Process: Mix and sift corn starch or flour, sugar and salt; add boiling water gradually while stirring constantly. Cook over hot water until mixture thickens. Remove from range; add butter, egg yolks slightly beaten, grated rind and lemon juice. Line a pie pan with Rich Paste; brush over with white of egg; turn into mixture which has been slightly cooled and bake until pastry is well browned. Remove from oven, cool slightly and spread with meringue; return to oven to bake and brown meringue.

SQUASH PIE.

1 cup strained, steamed or baked squash
¼ cup cognac
1 teaspoon cinnamon

1 cup cream
1 cup sugar
3 eggs slightly beaten
½ teaspoon nutmeg
1 teaspoon ginger
Salt

Process: Line a deep pie pan with Rich Paste; wet the edges and lay around a rim of pastry one inch wide; flute with the fingers and build up well. Wash over with the white of egg slightly beaten. Mix sugar and spices; add squash, eggs slightly beaten and cream slowly while beating briskly. Fill crust and bake thirty-five minutes in a moderate oven. Serve with whipped cream, hot or cold.

APPLE PIE No. 1.

4 sour apples
½ cup sugar
¼ teaspoon nutmeg
⅛ teaspoon salt
½ tablespoon butter
1 teaspoon lemon juice
Few gratings lemon rind

Process: Line pie pan with paste. Wash, pare, core and slice apples in eighths (if apples are small five may be required). Arrange apples in rows around pan about one-half inch from rim; continue until apples are arranged in a pile in the center. Mix sugar, nutmeg, lemon juice and grated rind and strew mixture over apples. Drop butter in small bits over apples. Brush edges of under crust with water; place upper crust over apples and press the edges together, fluting rim with thumb and finger. Bake thirty-five to forty minutes in a moderate oven. Nutmeg and lemon may be omitted and one-fourth teaspoon cinnamon substituted.

APPLE PIE No. 2.

Make a pie with two crusts; fill with tart apples thinly sliced. heaping them in the center that the pie may be well filled. Add two tablespoons lemon juice and two tablespoons water; bake in a slow oven. When done remove the upper crust with a sharp knife, using great care not to break the crust. Add to apples two-thirds cup of sugar, one tablespoon butter, a sprinkle of salt and one-eighth teaspoon of grated nutmeg; mix carefully with silver fork; spread smoothly; replace the upper crust and sift powdered sugar thickly over the top. Serve hot with whipped cream sweetened and flavored.

RHUBARB PIE.

Wash, peel and cut rhubarb in inch pieces; there should be three cups. Add to rhubarb one cup of sugar, two tablespoons of flour and one egg slightly beaten; mix well and bake between crusts. If the rhubarb is scalded before mixing with other ingredients, less sugar will be required. This pie should bake thirty-five minutes in a hot oven.

CHERRY PIE.

2½ cups pitted cherries
⅔ cup sugar
Few grains salt
Flour

Process: Line a pie pan with paste. Drain cherries from their liquor and mix thoroughly with sugar and salt; fill pie and add one-half cup of cherry juice. Dredge with flour; wet edges of pie and lay around an inch-wide strip of pastry; brush this over with cold water and cover with upper crust; press the edges well, then flute with the thumb and finger. Bake forty to forty-five minutes in a moderate oven. Sprinkle top with powdered sugar. Serve hot.

BLUEBERRY PIE.

2½ cups blueberries
⅔ cup sugar
Few grains salt
Flour

Process: Line a pie pan with Rich Paste. Wash and pick over the berries; drain; turn into pie pan, rounding them slightly; dredge with flour; sprinkle with sugar and salt; cover and bake forty-five minutes in a moderate oven. Two tablespoons of currant juice added to the pie improves the flavor, particularly when huckleberries take the place of blueberries.

MOCK CHERRY PIE.

Mix one and one-half cups of cranberries, cut in halves; three-fourths cup of seeded and shredded raisins; one cup sugar and one tablespoon of flour. Pile this mixture in a pie pan lined with Plain Paste. Dot over with one tablespoon butter; add two tablespoons orange juice; cover with richer paste and bake as other pies.

MOCK MINCE PIE.

4 Uneeda biscuit rolled
1 cup sugar
½ cup molasses
⅓ cup vinegar and lemon juice
1 cup seeded and shredded raisins
½ cup currants
½ cup butter
2 eggs well beaten
Salt, cinnamon and cloves to taste

Process: Mix ingredients in the order given; add salt and spices to taste. Bake between two crusts; this quantity is filling sufficient for two pies.

GREEN TOMATO PIE.

Green tomatoes
⅔ cup sugar
⅛ teaspoon salt
The juice and grated rind ½ lemon
1½ tablespoons butter

Process: Line a pie tin with Plain Paste; slice tomatoes into crust until slightly rounded in center; add remaining ingredients. Cover with richer paste; flute the edges and bake thirty-five minutes in a hot oven.

PLAIN PASTE.

1½ cups flour
1 teaspoon baking powder
½ teaspoon salt
⅓ cup lard
Ice water

Process: Mix and sift flour, baking powder and salt; work in the lard with the tips of the fingers, using a very light touch; add sufficient ice water to make a soft dough; toss on a floured board and roll to one-eighth inch thickness. Spread with one tablespoon lard, dust slightly with flour and roll like jelly roll; stand roll on end and pat into a circle; roll out again and spread with another tablespoon lard, roll and divide in equal parts; pat each part into a circle to fit the pie pan, keeping it in a circular shape as nearly as possible. Line pie pan with paste; roll remaining half to one-fourth inch thickness; cut to fit pan, using a pastry jagger. Use the trimmings for a rim around the edge of the lower crust. Fill pie with mixture; brush edges with cold water; place on upper crust; press edges

together and flute with thumb and finger; dot over upper crust with a teaspoon of lard just before placing in the oven; before removing from oven brush over with milk, which gives the pie a glazed appearance.

RICH PASTE.

1 cup flour
1 teaspoon baking powder
¼ teaspoon salt
1 tablespoon lard
¾ cup of butter
Ice water

Process: Mix and sift flour, salt and baking powder; rub in lard with the tips of the fingers; moisten to a dough with ice water. Knead until smooth, then turn on a lightly floured board; pat and roll to one-fourth inch thickness. Divide the butter into three equal parts; dot over dough with small bits of butter, using one-third of the quantity at a time. Dredge lightly with flour. Fold ends of pieces toward center; double it in book fashion; chill, then pat and roll again, dotting over with second piece of butter; repeat until butter is used; chill the paste after adding each portion of butter; then shape as desired. This pastry should be baked in a hot oven. The plain paste in the foregoing may be used for the bottom crusts for pies, and the richer paste for the upper crusts.

CHOU PASTE.

½ cup butter
1 cup boiling water
1 cup flour
⅛ teaspoon salt
4 eggs

Process: Melt butter in boiling water on range. When mixture boils add flour and salt mixed together; stir briskly until mixture is smooth and cleaves from sides of sauce-pan. Remove from range and add eggs unbeaten one at a time, beating until thoroughly mixed before adding another. Drop on a buttered tin sheet one and one-half inches apart from the tip of spoon in small mounds or force through a pastry bag. Bake thirty-five minutes in a moderate oven. When cool make an incision in each to admit of Cream Filling. If cakes are removed from oven before they are thoroughly baked they will fall. To test them remove one from the oven; if it keeps its shape it is proof that they are sufficiently cooked.

CHAPTER XXI.

CAKES, FILLINGS AND FROSTINGS

ONE EGG CAKE.

4 tablespoons butter
½ cup fine sugar
1 egg beaten very light
½ cup milk
1½ cups flour
2½ teaspoons baking powder
¼ teaspoon each of lemon and vanilla extract

Process: Cream butter; add sugar gradually and beaten egg. Mix and sift flour and baking powder; add to first mixture alternately with milk; add extract and bake in two buttered layer cake pans or in one shallow buttered pan. Frost with Plain or Chocolate Frosting.

COCOANUT CAKE.

¾ cup butter
2 cups fine sugar
Yolks 3 eggs beaten thick and light
3 cups flour
1½ tablespoons baking powder
⅛ teaspoon salt
1 cup milk
1 teaspoon vanilla extract
Whites 3 eggs beaten stiff and dry
Cocoanut

Process: Cream butter; add sugar gradually, beating constantly; add beaten yolks of eggs; mix and sift flour, baking powder and salt; add alternately to first mixture with milk. Add extract and cut and fold in the whites of eggs. Bake in two square, well-buttered layer cake pans, spread with Boiled Frosting and sprinkle thickly with fresh grated cocoanut between layers, top and sides.

LADY BALTIMORE CAKE.

⅔ cup butter
2 cups sugar
3½ cups flour
4 teaspoons baking powder
1 cup milk
Whites 8 eggs
1 teaspoon almond extract

Process: Cream the butter; add sugar gradually; mix and sift flour and baking powder; add alternately with milk to first mixture; add extract and whites of eggs beaten stiff and dry. Bake in two deep layer cake pans.

Filling and Frosting: Mix four cups sugar, one-half teaspoon tartar; add one cup cold water; place on range; bring to boiling point; cook until mixture drops from tip of wooden spoon like honey; add one cup of this syrup to whites of four eggs, beaten stiff. Return remaining syrup to range and continue cooking until it spins a thread; remove from range and pour over egg mixture, beating constantly. As mixture thickens add two cups English walnut meats broken in pieces, and two cups of raisins seeded and cut in shreds; flavor with one teaspoon vanilla, spread between layers, over top and sides of cake.

BOSTON VELVET CAKE.

½ cup butter
1½ cups sugar
1½ cups flour
½ cup corn starch
4 teaspoons baking powder
⅛ teaspoon salt
Yolks of 4 eggs beaten thick
½ cup cold water
Whites 4 eggs beaten stiff and dry
½ cup almonds blanched and shredded

Process: Cream butter; add sugar gradually, beating constantly: add yolks of eggs. Mix and sift flour, baking powder and salt; add alternately to first mixture with water; cut and fold in lightly beaten whites of eggs. Turn mixture into well-buttered shallow cake pan; sprinkle shredded almonds over top and bake thirty-five minutes in a moderate oven. This cake should not be frosted.

CHOCOLATE NUT CAKE.

½ cup butter
2 cups fine sugar
Yolks 4 eggs
1 cup milk
2⅓ cups flour
4 teaspoons baking powder
2 squares Baker's chocolate
Whites 4 eggs beaten stiff and dry
½ teaspoon vanilla
¾ cup English walnut meats broken in pieces
⅛ teaspoon salt

Process: Cream butter; add one cup of sugar gradually; beat yolks of eggs thick and light; add to them second cup of sugar, then combine the two mixtures. Melt chocolate over hot water; add to first mixture. Mix and sift flour, baking powder and salt; add alternately with milk; add nut meats and extract; cut and fold in the lightly beaten whites of eggs. Turn mixture into a two-inch deep cake pan, buttered and lined with buttered paper. Bake thirty-five to forty minutes in a moderate oven. Spread with Marshmallow Frosting.

WHITE CAKE.

⅔ cup of butter
1½ cups finely granulated sugar
½ cup milk
2½ cups pastry flour
3 teaspoons baking powder
½ teaspoon cream tartar
Few grains salt
Whites 8 eggs beaten stiff
½ teaspoon almond extract

Process: Cream the butter; add sugar gradually, beating constantly. Mix and sift flour, baking powder, cream of tartar, and salt; add alternately to first mixture with milk; add extract; cut and fold in whites of eggs; mix well; let last motion be a beating motion. Turn mixture into two buttered granite brick-shaped bread pans, filling each two-thirds full. Bake in a moderate oven forty-five minutes. This mixture may be baked in shallow pans two inches deep, then cut in cubes and frosted.

GOLDEN LOAF CAKE.

½ cup butter
1 cup sugar
Yolks of 8 eggs
½ cup milk
2 cups flour
4 teaspoons baking powder
1 teaspoon orange extract

Process: Cream the butter; add the sugar, gradually, and the yolks beaten very light; add extract. Sift together baking powder and flour; add alternately with milk. Beat thoroughly, and bake in a buttered, brick-shaped bread pan forty-five minutes. Spread if desired with Plain Boiled Frosting.

SUNSHINE CAKE.

Whites of 10 eggs
Yolks of 7 eggs
1½ cups confectioners' sugar
1 teaspoon orange extract
1 cup pastry flour
1 teaspoon cream tartar

Process: Beat the whites of eggs in a large mixing bowl until stiff and dry; add sugar gradually, beating constantly; beat the yolks until thick and light; add to first mixture; add orange extract and cut and fold in flour sifted with cream of tartar. Sugar should be sifted several times. Flour should be sifted before measuring and five times after measuring. Turn into an ungreased angel cake pan and bake fifty minutes in a moderate oven.

ANGEL CAKE.

Whites 11 eggs
¼ teaspoon salt
1½ cups fine granulated sugar
1 teaspoon cream of tartar
1 cup pastry flour
1 teaspoon vanilla extract

Process: Add salt to whites of eggs and beat until stiff and dry; sift in cream of tartar; add sugar gradually, beating constantly (using family size Dover egg beater); add extract, then cut and fold in the flour measured after sifting. Bake in angle cake pan previously wet with cold water, in a moderate oven one hour. Sift flour five times after measuring; also sugar. The two latter ingredients are always sifted before measuring for all purposes of this kind. A pan of hot water may be placed in the oven while this cake is baking. Spread with a Marshmallow Frosting.

OLD FASHIONED SPONGE CAKE.

Yolks 6 eggs
1¼ cups powdered sifted sugar
Grated rind ½ lemon
1½ tablespoons lemon juice
Whites 6 eggs
1 cup flour sifted five times
⅛ teaspoon salt

Process: Beat egg yolks until thick and light; add sugar gradually, beating constantly (Dover egg beater is best for this purpose); add lemon juice and rind; cut and fold in the whites of eggs beaten until stiff and dry. When the whites are par-

tially folded into the mixture add flour sifted with salt; continue cutting and folding until ingredients are thoroughly blended. Bake forty-five minutes in an unbuttered shallow pan or one hour if baked in an angel cake pan in a moderate oven. This is a true sponge cake, requiring more beating than those which contain leavening agent of some kind. The air beaten into this mixture alone lightens it.

CHOCOLATE FILLING.

To Cream Filling add one square Baker's chocolate melted over hot water, then mix with one-fourth cup sugar.

Beat until ingredients are thoroughly blended.

CREAM FILLING.

¾ cup sugar
6 tablespoons flour
⅛ teaspoon salt
2 eggs
2 cups scalded milk
1 teaspoon vanilla or ½ teaspoon lemon or orange extract

Process: Sift dry ingredients together; add eggs slightly beaten; pour on, slowly, scalded milk, beating constantly; cook mixture in double boiler twenty minutes, stirring constantly until mixture thickens, then occasionally cool and add flavoring.

LEMON OR ORANGE AND COCOANUT FILLING.

To the juice and grated rind of one lemon or orange, add one cup of confectioners' sugar, slowly, and the yolks of two eggs slightly beaten. Cook this mixture over hot water ten minutes, stirring constantly. Remove from range and add one cup of freshly grated cocoanut. Cool and spread between layers of white cake. Spread cake with Boiled Frosting and sprinkle thickly with freshly grated cocoanut.

NUT AND FRUIT FILLING.

To Marshmallow Frosting add one cup moderately chopped walnut, hickory nut or pecan nut meats; one-fourth cup each candied cherries, raisins, figs, candied orange, and lemon peel. Mix well and spread between layer cakes.

STRAWBERRY FILLING.

1 cup heavy cream whipped stiff
½ cup confectioners' sugar
White 1 egg beaten stiff
⅔ cup strained strawberry pulp
½ teaspoon orange extract

Process: Add sugar slowly to whipped cream; fold in beaten white of egg; add strawberry pulp and extract. Chill and spread between layers of cake.

FIG FILLING.

½ pound figs finely chopped
½ cup sugar
⅓ cup boiling water
2 tablespoons lemon juice
Slightly grated lemon rind

Process: Put figs in a sauce-pan; add sugar, water, lemon juice and grated rind to taste. Cook over hot water until of the consistency to spread. Use as a filling between layers of Yellow or Gold Cake.

PLAIN BOILED FROSTING.

1 cup granulated sugar
⅛ teaspoon cream tartar
White 1 egg beaten stiff
¼ teaspoon vanilla extract
¼ cup cold water

Process: Mix well sugar, cream tartar and cold water in a sauce-pan; place on range; bring to boiling point, stirring constantly. Then cook without stirring until the syrup drops from wooden spoon like honey. Remove from range; add three tablespoons of syrup to the white of egg, beating constantly; return remaining syrup to range and cook until it spins a thread; remove from range at once and pour syrup into first mixture. Continue beating; add vanilla. Beat until frosting cools slightly and begins to glaze on sides of pan. Pour on cake, spread evenly, and let cool before cutting cake.

CHOCOLATE FROSTING.

To Plain Boiled Frosting add one and one-half squares of chocolate melted, when the last portion of the boiled syrup is added to the egg mixture. Beat until of the consistency to spread.

MARSHMALLOW FROSTING.

2 cups sugar
½ cup cold water
¼ teaspoon cream tartar
Whites of two eggs
9 marshmallows
½ teaspoon vanilla extract

Process: Mix sugar, cream of tartar and water in a sauce-pan. Place on range; stir until boiling point is reached; then cook without stirring until mixture drops from the tips of wooden spoon like honey. Remove from range and add seven tablespoons of the syrup to the whites of eggs previously beaten until stiff and dry, beating constantly. Return remaining syrup to range and continue cooking until it spins a thread. Brush the sugar and starch from marshmallows; put them in the oven to plump, but not to brown; add them to first mixture, then add remaining syrup and beat until ingredients are thoroughly blended. Add extract and continue beating until mixture glazes slightly on sides of vessel. Spread over cake as thickly as desired.

GELATINE FROSTING.

3 tablespoons strained hot orange juice or water
½ tablespoon granulated gelatine
1 cup confectioners' sugar sifted
½ teaspoon lemon or vanilla extract

Process: Dissolve gelatine in hot orange juice or water. Add extract and gradually the sugar, beating constantly until mixture is of the consistency to spread. Let harden slightly, then crease in slices or squares according to shape of cake.

MILK FROSTING.

1½ cups granulated or soft brown sugar
½ cup milk
1 teaspoon butter
½ teaspoon vanilla

Process: Melt butter in a sauce-pan; add sugar and milk. Stir, to be sure that sugar does not stick to the sides of sauce-pan; bring to boiling point and cook without stirring twelve minutes. Remove from fire and beat until of the consistency to spread. Add vanilla; beat well until ingredients are well blended. Pour over cake and spread smoothly with spatula.

CHAPTER XXII.

SMALL CAKES, COOKIES AND GINGERBREAD.

CREAM CUP CAKES.

½ cup butter
1 cup sugar
The grated rind and juice of one-half orange
4 egg yolks beaten very light
1¼ cups flour
¼ teaspoon soda
Whites 4 eggs beaten stiff
⅛ teaspoon salt

Process: Cream butter; add sugar gradually, grated rind and juice of orange and the beaten egg yolks. Mix and sift flour, soda and salt; add to first mixture, beating constantly. Cut and fold in the whites of eggs; blend well and bake twenty minutes in a moderate oven in very small, deep, well buttered, fluted cake pans.

JACK HORNER CAKE.

½ cup butter
1 cup soft brown sugar
Yolks of 2 eggs
Whites of 2 eggs beaten stiff
1 tablespoon brandy
½ teaspoon mace
1 cup flour
Nut meats and candied cherries

Process: Cream butter; add sugar gradually, while beating constantly; add yolks of eggs, flour sifted with mace; add brandy; cut and fold in lightly beaten whites of eggs; butter small tins; sprinkle with chopped nut meats; put into each a small quantity batter; place in center a candied cherry; cover with more of the mixture and sprinkle top with nut meats finely chopped. Bake in a moderate oven fifteen minutes.

ENGLISH GINGER NUTS.

1 cup butter
1 cup light brown sugar
1 cup granulated sugar
4 cups flour
1½ tablespoons ground ginger
2 eggs
¼ cup finely chopped candied orange peel
2 tablespoons brandy

Process: Cream butter; add sugar gradually, beating constantly; add eggs beaten very light (without separating); add brandy, ginger sifted with flour; add orange peel. Beat thoroughly. Shape in balls, size of hickory nuts, and bake on buttered tin sheets in a quick oven.

This mixture makes about four dozen little cakes. A small bit of candied cherry may be pressed in top of each before placing them in the oven.

SOUR CREAM SEED COOKIES.

½ cup butter
1 cup fine granulated sugar
1 egg beaten very light
½ cup sour cream
2½ cups bread flour
½ teaspoon soda
1½ tablespoons caraway seed

Process: Cream butter; add sugar gradually, stirring constantly; add well beaten egg and sour cream. Sift flour with soda; add caraway seeds, mix well and add to first mixture. Beat until ingredients are thoroughly blended. Drop from the tip of spoon on a buttered sheet two inches apart and bake in a moderate oven.

CHOCOLATE FRUIT COOKIES.

½ cup butter
1 cup sugar
4 tablespoons chocolate melted
2 tablespoons sugar
2 tablespoons boiling water
2 eggs beaten very light
1 cup English walnut meats broken in pieces
1 cup raisins seeded and shredded
2⅓ cups flour
2½ teaspoons baking powder
1 teaspoon vanilla

Process: Cream butter; add sugar gradually. Melt chocolate in a sauce-pan; add two tablespoons sugar and two tablespoons

hot water; cook one minute; cool slightly and add to first mixture; add eggs well beaten. Sift flour with baking powder; dredge raisins and nuts with four tablespoons of the flour and add both flour and fruit to first mixture. Chill dough and drop from tip of spoon on a buttered sheet two inches apart. Bake in a moderate oven. Add more flour if necessary.

NEW ENGLAND FRUIT COOKIES.

1 cup butter
1½ cups soft brown sugar
3 eggs well beaten
1 teaspoon soda dissolved in 2 tablespoons boiling water
3¼ cups flour
¾ teaspoon salt
1 teaspoon cinnamon
¼ teaspoon cloves
⅛ teaspoon mace
1 cup English walnuts, meats broken in pieces
½ cup currants
½ cup seeded and shredded raisins

Process: Cream butter; add sugar gradually; add beaten eggs and soda dissolved in boiling water. Sift flour, salt and spices together, reserving one-fourth cup of flour to flour fruit and nuts. Add floured fruit to first mixture, then add flour, beating constantly until ingredients are thoroughly blended. Drop from the tip of a spoon in small piles on a buttered tin sheet, place in a moderate oven and bake fifteen minutes.

SOUR CREAM SPICE CAKE

2 eggs
½ cup soft brown sugar
½ cup N. O. molasses
¾ cup sour cream
1⅞ cups flour
2 teaspoons soda
1 tablespoon ginger
1¼ teaspoon cinnamon
¼ teaspoon cloves
¼ teaspoon salt

Process: Beat eggs thick and light; add sugar and continue beating; add molasses and sour cream; sift together twice, soda, spices, and salt; add to first mixture and beat thoroughly; bake thirty minutes in a moderate oven in a shallow, well buttered pan lined with buttered paper.

GOLDEN GINGER DROPS.

¼ cup butter
¼ cup soft brown sugar
½ cup molasses
1 teaspoon soda
⅛ teaspoon salt
1½ cups flour
½ teaspoon cinnamon
¼ teaspoon cloves
1 tablespoon ginger
½ cup boiling water
1 egg beaten very light

Process: Cream the butter; add sugar gradually; add molasses. Mix and sift flour, salt and spices; dissolve soda in boiling water and add to first mixture alternately with flour; add lightly beaten egg; beat well and bake in small buttered iron gem cups in a moderate oven fifteen minutes. This mixture is very thin; make no changes in the ingredients.

MARGUERITES.

Boil one cup sugar with one-half cup water until it will spin a thread. Remove to back of range and add one-half dozen marshmallows cut in small pieces, beating constantly. When marshmallows are dissolved, pour syrup gradually on to the lightly beaten whites of two eggs; add two tablespoons each shredded raisins and almonds; flavor with one-fourth teaspoon vanilla; when mixture is slightly cooled add two tablespoons freshly grated cocoanut; spread on Saratoga Wafers or Saltines and brown delicately in the oven. This mixture will spread about three dozen crackers. Serve with tea, cocoa or chocolate.

CHAPTER XXIII.

CANAPES, SANDWICHES AND SAVORIES.

CAVIAR CANAPE.

Mix one-half cup caviar with one tablespoon lemon juice; season with cayenne and spread thinly over six circular slices of bread. Sprinkle a narrow ring of Spanish onions with paprika and lay it around the edge of canape. Place a deviled olive cut in quarters in the center of each canape.

SARDINE CANAPE.

Spread the desired number of circular pieces of toast. Dress with the following mixture: Remove the skin, bones and tail from sardines; rub to a paste with small quantity of creamed butter. Season highly with Worcestershire sauce, cayenne pepper and salt if necessary. Rub the yolk of an egg to a cream with an equal quantity of butter; pipe around the edge of canape, using a small tube and pastry bag. Small stuffed olives sliced in rings may be arranged in the center of each. Garnish with sprigs of parsley.

CHEESE CANAPE.

Spread circular pieces of toast with French mustard; over this sprinkle thickly grated Parmesan cheese seasoned with salt and cayenne; place in oven until cheese is melted and slightly toasted.

HAM SANDWICH No. 1.

One can of potted ham or minced cold boiled ham, the meat of eight olives, and three-fourths cup shelled pecans chopped fine, cayenne to taste. Moisten with Mayonnaise to the con-

sistency to spread, butter bread slightly, and spread generously with the above mixture. Entire wheat, rye or white bread may be used.

HAM SANDWICH No. 2.

Make a Mayonnaise Dressing with yolk of one egg, one tablespoon olive oil, one tablespoon mixed mustard, eight tablespoons butter, few grains red pepper, few grains salt. Cream butter; add other ingredients; stir in minced ham until the desired consistency to spread between thin slices of buttered bread.

CHICKEN SANDWICHES.

Chop cold cooked chicken very fine; add a little finely chopped parsley and the yolk of a hard boiled egg; pound these ingredients to a paste; season highly with celery salt, onion juice and moisten with salad dressing (Boiled or Mayonnaise); spread one slice of bread with this mixture; lay a lettuce leaf over this, then the remaining slice of bread spread with butter or salad dressing.

CLUB SANDWICHES.

Prepare four triangular pieces of toasted bread spread with salad dressing; cover two of these with lettuce; lay thin slices of cold chicken (white meat) upon the lettuce; over this arrange slices of broiled breakfast bacon, then lettuce, and cover with the other triangles of toast spread with salad dressing. Trim neatly, arrange on a plate, and garnish with heart leaves of lettuce, sweet pickles or olives.

RUSSIAN SANDWICHES.

Rub to a paste one and one-half rolls Neufchatel cheese; to this add one-half cup chopped pecans and the finely chopped meat of twelve olives; season with salt and cayenne to taste; moisten mixture with Mayonnaise Dressing to the consistency to spread between Saltines, Zephrettes or any crisp cracker. Press them firmly together.

HOT CHEESE SANDWICHES.

Cut bread into thin slices, stamp out circles with small biscuit cutter; put a thick layer of grated cheese over each buttered circle, season each with salt and cayenne, press together and sauté in equal quantities of butter and lard. Serve immediately.

CHEESE SANDWICHES.

Melt one teaspoon butter in a sauce-pan, add one cup grated cheese; season with one-fourth teaspoon paprika, one-fourth teaspoon mustard, one-half tablespoon Worcestershire sauce, a few drops onion juice; stir until the cheese is melted and smooth, then add two raw egg yolks beaten and diluted with one cup thin cream or milk. When cold, place between slices of nut, entire wheat, rye or white bread.

SARDINE SANDWICHES.

Drain one box sardines from the oil; remove skin, tail and fins, chop them fine and mix with half their quantity of chopped olive meat; add to this sufficient Maitre d' Hotel Butter to spread and season with few grains cayenne. Spread between thin slices of buttered bread.

CANTON SWEET.

Cut Boston brown bread in thin slices; cut these into small circles with a fairy biscuit cutter (the size of a silver dollar); spread one-half the circles with the following mixture: Chop Canton ginger very fine; add grated orange peel to taste, moisten mixture with ginger syrup to the consistency to spread; lay a circle of bread on top of each; press gently together.

COTTAGE CHEESE WITH CHIVES.

Put one cup cottage cheese packed solidly in a bowl; add one tablespoon finely chopped chives; season to taste with salt and pepper. Add one-third cup cream and mix thoroughly. Spread between slices of rye bread. Do not feel that cream in this case is extravagant. It increases the food value of this variety of cheese and no butter is needed on the bread.

CHEESE SAVORIES.

Spread Saltines or split Bent water biscuit with a thin layer of anchovy butter; over this spread a thick layer of paste made of one part of creamed butter and two parts of Roquefort cheese; season with salt, cayenne and a few drops of Worcestershire sauce. Garnish with a slice of stuffed olive.

CHAPTER XXIV.

STEWED AND FRESH FRUITS.

APPLE SAUCE.

Wipe, pare, core, and slice the desired number of tart juicy apples into a sauce-pan; add sufficient hot water to prevent them from scorching. Cover and place on a range; bring to boiling point; cook them quickly. When apples are soft pass them through a ricer or sieve. Add a sprinkle of salt and sugar to sweeten them. Return to range and cook five minutes, stirring constantly. If sauce is served hot, add one tablespoon butter. Turn into serving dish and sprinkle with cinnamon or nutmeg. If served cold, omit butter.

RHUBARB SAUCE.

Wash and cut rhubarb in one-inch pieces without peeling. Put in a sauce-pan and sprinkle generously with sugar; add sufficient water to prevent rhubarb from scorching. As rhubarb contains a large percentage of water, it needs but little added when cooking. Cover and simmer until soft. If boiling water is poured over rhubarb before cooking and allowed to stand five minutes, then drained, less sugar will be required. If baked in a shallow earthen pudding dish, closely covered, it will retain its rich pink color.

BAKED APPLES.

Wash, wipe and core the desired number of tart apples; place in a granite or earthen dish and fill cavities with sugar, butter and cinnamon, using two-thirds cup of sugar, one-half teaspoon of cinnamon or nutmeg to eight apples. If nutmeg is used a slight grating of lemon rind and few drops of lemon juice may be added to each apple. Cover bottom of dish with

boiling water to the depth of one-half inch; place in oven and bake until apples are soft, basting often with syrup in pan. Serve hot or cold, with or without cream.

STEWED PRUNES.

Prunes running forty to fifty to the pound are considered the best. Wash and pick over carefully; put them in a sauce-pan, add cold water to cover and let soak several hours, then cook until soft in the same water. When cooked, skim out the prunes and sweeten the liquor to taste with sugar or syrup; cook five minutes, then strain over prunes. A one-inch piece of ginger root may be cooked with the prunes or two thin shavings of lemon rind; thus the flavor may be varied.

CRANBERRY JELLY.

Pick over and wash one quart cranberries. Seed two-thirds cup of raisins; add to cranberries; add one cup boiling water and boil twenty minutes. Rub through a sieve and add to pulp two cups of sugar; cook five minutes, stirring constantly. Turn into a mould previoulsy wet with cold water. Chill and serve.

INDIAN RIVER RELISH.

Select fine, large Indian River grape fruit; cut into halves; remove center pith; loosen pulp in each section; fill center with oranges peeled and cut into half-inch cubes, and Malaga grapes peeled and seeded; dredge heavily with powdered sugar and sprinkle all with freshly grated cocoanut. Serve at beginning of luncheon.

GRAPE FRUIT WITH FIGS.

Select fine, large, heavy grape fruit. Chill; cut into halves; remove the white, bitter principle from center; loosen each section of pulp from shell with small sharp knife. Sprinkle thickly with washed figs cut into shreds. Dredge thickly with powdered sugar, add one teaspoon sherry wine. Serve at luncheon. Omit wine, and serve at breakfast.

ORANGES A LA HOLLAND HOUSE.

Select fine large juicy oranges; chill, and pare the desired number with a sharp knife, taking care to remove all the white bitter principle. Cut each orange in quarters, beginning at the stem end. Remove the core by cutting a slice off the sharp edge of each quarter. Arrange five quarters cut side down, on each chilled fruit plate, radiating from a pyramid of powdered sugar placed in center of plate. This pyramid may be made by packing sifted confectioners' sugar in a pony glass, then inverting the same on the center of each fruit plate; tap the glass gently, then remove it, and the sugar will form a complete cast of the glass.

ORANGE MINT RELISH.

Remove the skin and all the white portion from four large oranges. Cut in one-fourth inch slices and the slices into cubes of uniform size. To this add an equal quantity of canned pineapple cut in wedge-shaped pieces; sprinkle with one-fourth cup of powdered sugar, two tablespoons of finely chopped mint, one tablespoon lemon juice and three tablespoons of sherry wine. Chill thoroughly and serve in tall champagne glasses and garnish each with a sprig of mint.

STRAWBERRIES A LA FRANCAISE.

Place a mould of sugar in the center of a chilled fruit plate and arrange around it a border of choice unhulled strawberries, previously brushed with a soft brush, or washed and drained on a crash towel to remove the sand. Serve at the beginning of a luncheon or breakfast.

SERVING WATERMELON.

Cut a slice four inches thick from the center of a thoroughly chilled watermelon; remove the green rind, leaving only the edible portion; place upon a cold platter, in a bed of foliage; cut in the same manner as pie, serving a section to each person; pass bar (fine granulated) sugar.

NUTMEG AND SMALL MELONS.

Select small ripe melons, wash them with a brush and chill thoroughly; cut in halves, scoop out the seeds, and serve on a bed of cracked ice, garnish with foliage. If melons are small, serve one to each person; if large, a half is daintier. Do not put ice into seed cavity; it dilutes the juice of the melon and destroys the flavor.

MARYLAND CANAPE.

Lay a slice of pineapple on a slice of peeled and chilled tomato a trifle larger. Arrange thin slices of bananas overlapping each other on top of pineapple. Fill space in center with a large cherry or strawberry cut in quarters. Surround the Canape with heart lettuce leaves and serve with French Dressing No. 2.

SALTED ALMONDS.

Blanch the almonds, by putting them in a sauce-pan, cover with boiling water, let them stand three to four minutes, drain and cover with cold water. Remove the skins, dry on a crash towel and fry a golden brown in very hot olive oil. Drain on brown paper, and while hot sprinkle with salt.

CHAPTER XXV.

TIMELY HINTS.

TO SCALD MILK.

Bring water to boiling point in the lower part of double boiler. Replace the top of boiler, turn in milk, cover and let stand until a scum forms on top of milk and milk bubbles around the edges.

TO BUTTER CRUMBS.

If cracker or bread crumbs are used, allow from four to five and one-half tablespoons butter to each cup of crumbs. Melt butter in sauce-pan, add crumbs and toss lightly with a fork until thoroughly mixed with the butter and each little particle has a coating.

TO CREAM BUTTER.

Use either an earthen or enameled mixing bowl. Place butter in bowl, mash with a wooden spoon, then continue working with spoon until butter becomes of a creamy consistency. As the milk is pressed out of the butter, drain it off.

TO EXTRACT JUICE FROM ONION.

Cut a slice from the root end of onion and scrape with a knife, or if a grater is used the skin may be peeled off one-fourth inch around the cut side. After extracting the juice the remainder of onion may be placed cut side down on a small plate covered with a bowl and set in a cool place for future use; onion will keep several days if thus cared for.

ACIDULATED WATER.

Vinegar or lemon juice is added to water in the proportion of one tablespoon acid to four cups or one quart water.

BLANCHING ALMONDS.

Pour boiling water over almonds and let them stand three or four minutes. Drain and cover with cold water. Then take one at a time between the fingers, press lightly and the hull will slip off. Dry on crash towels.

SHREDDED ALMONDS.

After blanching take each almond on a hard wood board and cut it in three or four strips lengthwise. Each strip divide in half. Each almond should make eight shreds.

TO PREPARE MUSTARD.

To two tablespoons mustard add one-half tablespoon sugar and enough boiling water to form a thick paste, stirring constantly. Diluted vinegar may be used in place of boiling water.

CHOPPING PARSLEY.

Wash and dry the parsley in a crash towel. Wring it so as to free it from some of the moisture. Pick off the leaflets, place them together closely and cut them with a sharp knife fine and thin. Then place the index finger of the left hand on the point of the knife; work it with the right hand like a chopping knife until the parsley is finely chopped. By wringing out the moisture before chopping, parsley will sprinkle much better.

CARAMELIZING SUGAR.

Put the required quantity of sugar in sauce-pan. Place on range and stir constantly until sugar melts. It will begin to cook almost immediately and must be watched very carefully. When the desired shade of brown is reached, remove sugar at once. It should be about the color of maple syrup. If too dark it will be very bitter.

TO PREPARE CARAMEL.

Caramelize the sugar as in the foregoing suggestion. Add an equal quantity boiling water and let simmer until the con-

sistency of a rich syrup. Turn into a bottle, cork, and use for coloring soups, sauces, etc.

CARE OF TEA AND COFFEE POTS.

The inside of both tea and coffee pots should never be washed in soap suds. They should be thoroughly rinsed, then scalded with boiling water. If enameled or agate ware is used, and becomes discolored, the pots should be filled with cold water, one tablespoon borax or soda added, then bring gradually to boiling point. Boil five minutes, turn water from pots. Rub with soft paper and the discoloration will be removed. If a dark stain still remains, rub with Bon Ami or Dutch Cleanser; rinse pot with boiling water, drain, wipe dry.

CARE OF DOVER EGG BEATER.

When washing Dover egg beater, do not allow the cogs of the beater to get into the dish water. It washes the oil from the cogs, and prevents them from working smoothly.

TO MAKE A PASTRY BAG.

Buy one-third yard rubber cloth; divide in three squares; fold each on a bias, forming a triangular bag. Stitch on the sewing machine. Cut off one and one-half inch of the point, leaving an opening large enough to insert a pastry tube. This quantity rubber will make three pastry bags for less money than the cost of one ready made bag.